VIRTUAL INSTRUCTOR CLASSES
1 NOVEMBER TO 10 DECEMBER

MONDAY
- 8.45am: BODYBALANCE
- 10am: barre
- 11am: BODYATTACK
- 2.15pm: RPM

TUESDAY
- 7.45am: BODYCOMBAT
- 8.45am: barre
- 4.30pm: CORE
- 7.30pm: BODYATTACK

WEDNESDAY
- 7.45am: BODYBALANCE
- 9am: CORE
- 10am: SHBAM
- 2.15pm: THE TRIP
- 3.30pm: BODYATTACK
- 4.30pm: barre

THURSDAY
- 8.45am: Sprint
- 9.45am: BODYCOMBAT
- 10.45am: BODYATTACK
- 2.15pm: BODYCOMBAT
- 7.30pm: RPM

FRIDAY
- 7.30am: THE TRIP
- 8.30am: RPM
- 10am: BODYBALANCE
- 3.30pm: CORE
- 5.30pm: BODYBALANCE
- 7.30pm: barre

SATURDAY
- 12.30pm: Sprint
- 2pm: barre

SUNDAY
- 12pm: THE TRIP
- 1pm: SHBAM
- 2pm: CORE
- 3.45pm: BODYBALANCE

Book online at kent.ac.uk/sports/classes