

IN-PERSON INSTRUCTOR CLASSES

15 JANUARY TO 5 APRIL

Book and cancel all classes through your online account.



**ALL LEVELS.
ALL ABILITIES.**

Join our huge range of sport and fitness activities on campus, from social through to competitive level, for all abilities. Check out our Events webpage for details.







kent.ac.uk/sports/events









MONDAY

 8am Oli 	Yoga 12.15pm Annette 	 5.30pm Jeni 	Pilates 6.30pm Hayley 	Boxfit 7.30pm Sarah 
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TUESDAY

Core and More (in the main hall) 10.30am Jim 	Pilates 1.15pm Liz 	 5.30pm Naomi 	 6.30pm Naomi 
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WEDNESDAY

Legs, Bums, and Tums 12.15pm Hayley 	Pilates 1.15pm Hayley 	Pilates 5.30pm Hayley 	 6.30pm Emma 	Self Defence 7.30pm Jim 
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THURSDAY

Yoga 7.45am Naomi 	 12.15pm Jeni 	Core and More (in the main hall) 5pm Jim 	Dance Mix 5.30pm Kealy 	Pilates 6.30pm Kealy 
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FRIDAY

 12.15pm Naomi 	 1.15pm Naomi 	 4.45pm Jim 	Pilates 5.30pm Gina 	Legs, Bums, and Tums 6.30pm Gina 
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SATURDAY

 9.15am Naomi 	 10.15am Naomi 	 11.30am Hayley 
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SUNDAY

Yoga 11am Daniela 

Group Exercise in the dance studio at the Sports Centre

Group Exercise in the halls at the Sports Centre