

# FITNESS AND DANCE CLASSES

## 8 APRIL TO 6 MAY

Bank holiday: All Kent Sport facilities will be open from 10am to 4pm on Monday 6 May 2024.





Book and cancel all classes through your online account.




### MONDAY

 <b>SPINNING</b> 8am Oli 30'	 <b>LES MILLS BODYBALANCE</b> 12.15pm Virtual 45'	 <b>LES MILLS BODYCOMBAT</b> 1.15pm Jim 45'	 <b>ZUMBA fitness</b> 5.30pm Jeni 50'	<b>Pure Pilates</b> 6.30pm Hayley 45'
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### TUESDAY

 <b>LES MILLS BODYCOMBAT</b> 7.45am Virtual 45'	<b>Core and More</b> (in the main hall) 10.30am Jim 45'	 <b>LES MILLS THE TRIP</b> 12.15pm Virtual 45'	<b>Circuits</b> 1.15pm Team 45'	 <b>BOOMERANG</b> 5.30pm Jeni 45'	 <b>LES MILLS BODYBALANCE</b> 6.30pm Virtual 45'
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### WEDNESDAY

 <b>LES MILLS BODYBALANCE</b> 7.45am Virtual 45'	<b>Legs, Bums, and Tums</b> 12.15pm Hayley 45'	<b>Pure Pilates</b> 1.15pm Hayley 45'	<b>Hatha Yoga</b> 5.30pm Hayley 45'	<b>Self Defence</b> 6.30pm Jim 45'
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### THURSDAY

 <b>LES MILLS BODYATTACK</b> 7.45am Virtual 45'	<b>Power Pilates</b> 12.15pm Gina 45'	<b>Body Blast</b> 1.15pm Gina 45'	<b>Core and More</b> (in the main hall) 5pm Jim 45'	<b>Dance Mix</b> 5.30pm Kealy 45'	<b>Pilates, Bands, and Balls</b> 6.30pm Kealy 45'
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### FRIDAY

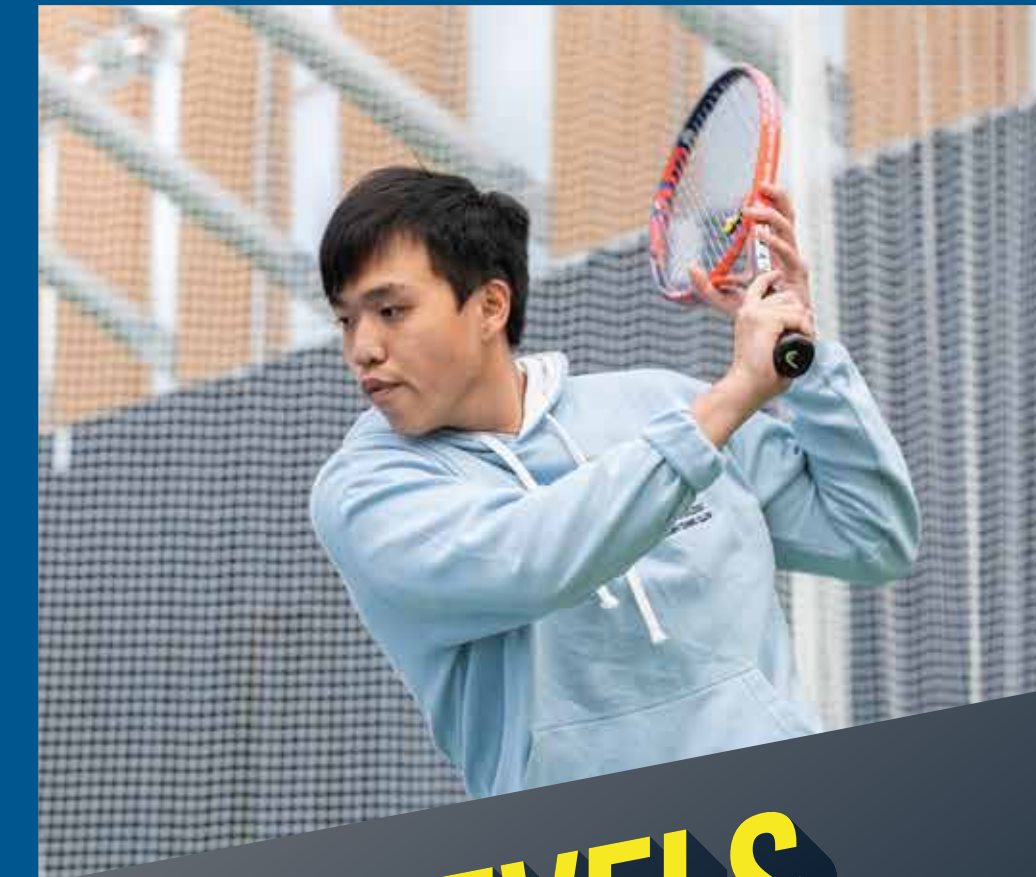
 <b>LES MILLS THE TRIP</b> 7.30am Virtual 45'	<b>Hatha Yoga</b> 12.15pm Hayley 45'	 <b>LES MILLS sprint</b> 1.15pm Virtual 30'	<b>Power Pilates</b> 5.30pm Gina 45'	<b>Legs, Bums, and Tums</b> 6.30pm Gina 45'
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### SATURDAY

 <b>ZUMBA fitness</b> 10.30am Hayley 50'	<b>Hatha Yoga</b> 11.30am Hayley 45'	 <b>LES MILLS RPM</b> 2pm Virtual 50'	 <b>LES MILLS CORE</b> 3pm Virtual 30'	 <b>LES MILLS barre</b> 4pm Virtual 30'
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### SUNDAY

 <b>LES MILLS BODYBALANCE</b> 11am Virtual 45'	 <b>LES MILLS THE TRIP</b> 12pm Virtual 45'	 <b>LES MILLS BODYCOMBAT</b> 2pm Virtual 45'	 <b>LES MILLS barre</b> 3pm Virtual 30'
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**ALL LEVELS.  
ALL ABILITIES.**

In-person instructor in the dance studio at the Sports Centre

Virtual instructor in the dance studio at the Sports Centre

Group Exercise in the halls at the Sports Centre

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](https://kent.ac.uk/sports/events)

