

VIRTUAL INSTRUCTOR CLASSES

7 MAY TO 14 JUNE

MONDAY	 9am Virtual 45'	 10am Virtual 45'	 2.30pm Virtual 45'	 4.30pm Virtual 30'	
TUESDAY	 7.45am Virtual 45'	 9am Virtual 30'			
WEDNESDAY	 9am Virtual 45'	 10am Virtual 45'	 2.30pm Virtual 30'	 4.30pm Virtual 30'	
THURSDAY	 7.45am Virtual 45'	 9am Virtual 45'	 10am Virtual 30'	 7.30pm Virtual 50'	
FRIDAY	 7.30am Virtual 45'	 9am Virtual 45'	 10am Virtual 30'	 2.30pm Virtual 30'	 4pm Virtual 30'
SATURDAY	 2pm Virtual 50'	 3pm Virtual 30'	 4pm Virtual 30'		
SUNDAY	 12.15pm Virtual 45'	 2pm Virtual 45'	 3pm Virtual 30'		

LES MILLS
VIRTUAL



All Virtual classes are free for everyone as part of Exam Calm!

Book through your online account
kent.ac.uk/sports/classes

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