

IN-PERSON INSTRUCTOR CLASSES




7 MAY TO 14 JUNE

Book and cancel all classes through your online account.






All Exam Calm classes are free for everyone! Book through your online account


MONDAY

 SPINNING 8am Oli 30'	Vinyasa Yoga 12.15pm Annette 45'	 LES MILLS BODYCOMBAT 1.15pm Jim 50'	 ZUMBA fitness 5.30pm Jeni 50'	Pure Pilates 6.30pm Hayley 45'	Boxfit 7.30pm Sarah 45'
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TUESDAY

Core and More (at the Pavilion) 10.30am Jim 45'	Pure Pilates 12.15pm Liz 45'	Tai Chi 1.15pm Tuan 45'	 Drums Alive 5.30pm Jeni 45'	 LES MILLS BODYPUMP 6.30pm Naomi 50'	 LES MILLS BODYBALANCE 7.30pm Naomi 50'
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WEDNESDAY

Stretch, Tone, and Relax 7.45am Naomi 45'	Legs, Bums, and Tums 12.15pm Hayley 45'	Healthy Walks (meet at Sports Centre) 12.30pm Jeni 45'	Hatha Yoga 1.15pm Hayley 45'	Pure Pilates 5.30pm Hayley 45'	 ZUMBA fitness 6.30pm Emma 50'	Self Defence 7.30pm Jim 45'
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THURSDAY

Body Blast 12.15pm Gina 45'	Power Pilates 1.15pm Gina 45'	Core and More (at the Pavilion) 5pm Jim 45'	Dance Mix 5.30pm Kealy 45'	Pilates, Bands, and Balls 6.30pm Kealy 45'
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FRIDAY

 LES MILLS BODYPUMP 12.15pm Naomi 50'	 LES MILLS BODYBALANCE 1.15pm Naomi 50'	Power Pilates 5.30pm Gina 45'	Legs, Bums, and Tums 6.30pm Gina 45'
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SATURDAY

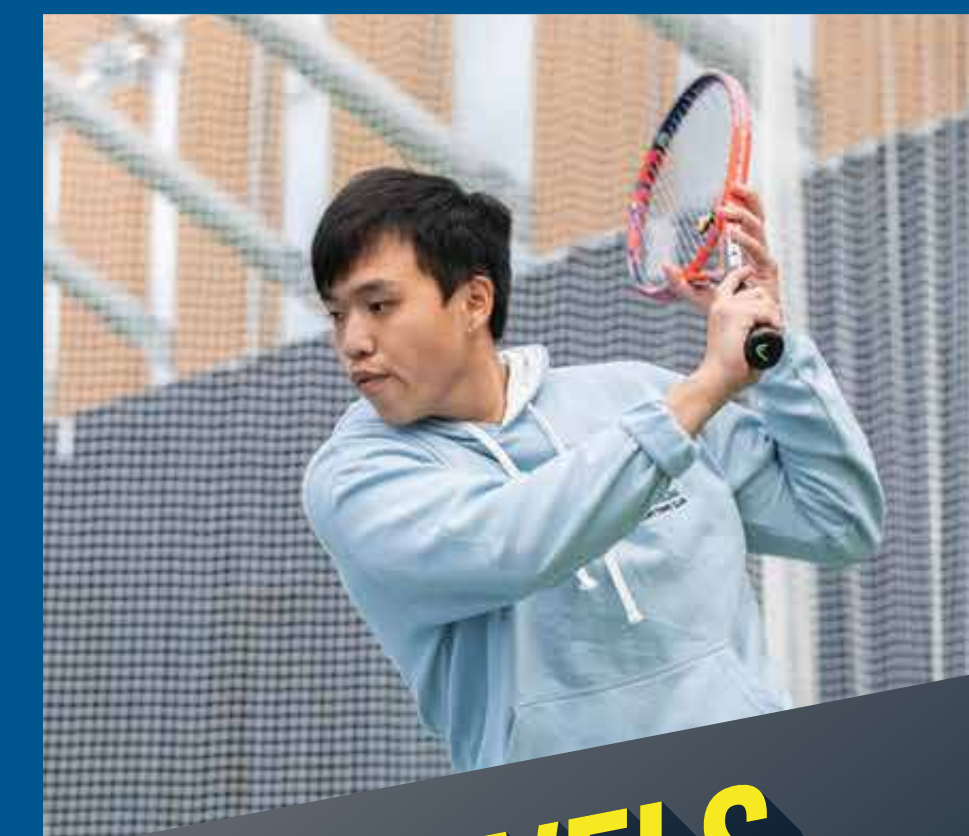
 LES MILLS BODYPUMP 9.15am Naomi 50'	 LES MILLS BODYBALANCE 10.30am Naomi 50'	 ZUMBA fitness 11.30am Hayley 50'	Hatha Yoga 12.30pm Hayley 45'
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SUNDAY

Yoga 11am Daniela 45'

Group Exercise in the dance studio at the Sports Centre

Group Exercise across campus



**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

