

# IN-PERSON INSTRUCTOR CLASSES

## 23 SEPTEMBER TO 13 DECEMBER

Book and cancel all classes through your online account.

[kent.ac.uk/sports/classes](http://kent.ac.uk/sports/classes)



<b>MONDAY</b>	 <b>SPINNING</b> 8am Oli 30'	<b>Vinyasa Yoga</b> 12.15pm Annette 45'	<b>Indoor Cycling</b> 1.15pm Jim 30'	 <b>ZUMBA fitness</b> 5.30pm Jeni 50'	<b>Pure Pilates</b> 6.30pm Hayley 45'	<b>Boxfit</b> 7.30pm Sarah 45'	
<b>TUESDAY</b>	<b>Core and More</b> (in the main hall) 10.30am Jim/Joshua 45'	<b>Healthy Walks</b> (meet at Sports Centre) 12pm Team 45'	<b>Pure Pilates</b> 12.15pm Liz 45'	<b>Neurodiverse Circuits</b> 1.15pm Liz/Nat 30'	 <b>LES MILLS BODYPUMP</b> 5.30pm Naomi 50'	<b>BOOKA</b> 6.30pm Jeni 45'	 <b>LES MILLS BODYBALANCE</b> 7.30pm Naomi 50'
<b>WEDNESDAY</b>	<b>Morning Stretch</b> 8am Jeni 45'	<b>Legs, Bums, and Tums</b> 12.15pm Emma A 45'	<b>Pure Pilates</b> 1.15pm Hayley 45'	<b>Hatha Yoga</b> 5.30pm Hayley 45'	 <b>ZUMBA fitness</b> 6.30pm Emma C 50'	<b>Self Defence</b> 7.30pm Jim 45'	
<b>THURSDAY</b>		<b>Body Blast</b> 12.15pm Gina 45'	<b>Power Pilates</b> 1.15pm Gina 45'	<b>Core and More</b> (in the main hall) 5pm Jim/Joshua 45'	<b>Dance Mix</b> 5.30pm Kealy 45'	<b>Pilates, Bands, and Balls</b> 6.30pm Kealy 45'	
<b>FRIDAY</b>		 <b>LES MILLS BODYPUMP</b> 12.15pm Naomi 50'	 <b>LES MILLS BODYBALANCE</b> 1.15pm Naomi 50'	<b>Power Pilates</b> 5.30pm Gina 45'	<b>Legs, Bums, and Tums</b> 6.30pm Gina 45'		
<b>SATURDAY</b>	 <b>LES MILLS BODYPUMP</b> 10am Naomi 50'	 <b>LES MILLS BODYBALANCE</b> 11.15am Naomi 50'	<b>Hatha Yoga</b> 12.30pm Daniela 45'				
<b>SUNDAY</b>	<b>Hatha Yoga</b> 11am Daniela 45'						

Group Exercise in the dance studio at the Sports Centre

Group Exercise in the main hall at the Sports Centre

Group Exercise across campus

**STAFF MONDAY MINDFULNESS**  
8am to 8.30am

**STAFF PILATES**  
1.15pm to 1.45pm

**NEW!**

**NEW staff-only ALL Active sessions**  
Free for Premium Plus and Plus members.  
£2.50 for Pay to Play members.

**STAFF YOGA**  
8am to 8.30am

**STAFF FIRE DOWN FRIDAY**  
8am to 8.30am

**STAFF TAI CHI**  
12.30pm to 1pm

5 new **staff-only sessions** each week across campus at either:

The Shed (Cornwallis) or  
The Missing Link (Darwin)

Check online booking for more details.

[kent.ac.uk/sports/all-active](http://kent.ac.uk/sports/all-active)