

IN-PERSON INSTRUCTOR CLASSES

23 SEPTEMBER TO 13 DECEMBER

Book and cancel all classes through your online account.

kent.ac.uk/sports/classes



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