

Fitness and dance classes

16 January to 7 April 2017



Monday 13 March
SAVE THE DATE

because for one night only...
Jeni is back!
FitnessFest 2017

Monday

8am	Express Yoga	Sarah
12.10pm	LES MILLS BODYPUMP	Oli
1.15pm	FREESTYLE FITNESS YOGA	Annette
4.30pm	Ab Attack	Darius
5.15pm	BOX MASTER	Darius
6.10pm	Circuits (Main hall)	Mike
6.15pm	ZUMBA fitness	Hayley
7.30pm	Relax & Unwind	Laetitia

Wednesday

8am	Express Spin	Ebrina
12.10pm	Ski Fit	Ebrina
1.15pm	Core Conditioning	Sarah
5.15pm	Ab Attack	Olivia
5.15pm	ZUMBA fitness	Kealy
6pm	SPINNING	Olivia
7.30pm	Legs, Bums and Tums	Liz C

Friday

12.10pm	LES MILLS BODYPUMP	Oli
1.10pm	Power Pilates	Ebrina
4.45pm	PiYO	Sarah
5.30pm	Yoga	Liz R
6.30pm	SPINNING	Laetitia
7.30pm	Legs, Bums and Tums	Nina

Tuesday

12.10pm	Power Pilates	Ebrina
1.10pm	Legs, Bums and Tums	Liz C
2.15pm	Sports Specific Pilates (SSP)	Sarah
4.45pm	INSANITY	Laetitia
5.30pm	LES MILLS BODYPUMP	Lissa
6.30pm	Aero Dance	Nina
7.30pm	SPINNING	Darius

Thursday

12.15pm	SPINNING	Mike
1.15pm	Stretch, Tone & Relax	Annette
2.15pm	Tai Chi	Tuan
4.30pm	HIIT	Team
5.30pm	Dancemix	Kealy
6.10pm	Circuits (Main hall)	Mike
6.30pm	LES MILLS BODYPUMP	Naomi
7.30pm	Yoga	Sarah

Saturday

9am	parkrun	
10.30am	ZUMBA fitness	Hayley
11.30am	LES MILLS BODYPUMP	Naomi

Sunday

10.30am	SPINNING	Team
11.30am	Yoga	Liz R

Gold and Silver members can book all fitness and dance classes up to seven days in advance online:
kentsport.kent.ac.uk/horizons

All classes are in the Sports Centre studio unless otherwise indicated.

If you are unable to attend a class, and you booked by phone, at the kiosk or in person, you must cancel your booking by emailing sportstudio@kent.ac.uk no later than 30 minutes prior to the class start time.

Online bookings should be cancelled online by the member that made the booking.

Classes and instructors are subject to change.

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