## Fitness and dance classes

### 29 July to 22 September 2019

Classes and instructors are subject to change. Kent Sport facilities will be closed Friday 6 September for staff training. There will be no classes on 14 and 15 September due to Arrivals activities. Follow UniKentSports social media for class updates and Bank Holiday changes.

### Monday
- **8am** Express Yoga
  - Monica
- **12.10pm** Vinyasa Flow Yoga
  - Annette
- **1.15pm** Express LBT
  - Liz C
- **5.30pm** ZUMBA
  - Jeni
- **6.10pm** Circuits (Pavilion)
  - Mike
- **6.30pm** Legs, Bums and Tums
  - Hayley

### Tuesday
- **12.10pm** Power Pilates
  - Ebrina
- **1.15pm** Body BLAST!
  - Kealy
- **5.30pm** BODYPUMP
  - Lissa
- **6.30pm** Legs, Bums and Tums
  - Sarah
- **7.30pm** SPINNING
  - Mike

### Wednesday
- **8am** Express Yoga
  - Monica
- **12.15pm** Express Kettlebells
  - Laetitia
- **1.15pm** Express Body Blast!
  - Gavin
- **5.30pm** Freestyle Cycle
  - Millie
- **6.30pm** ZUMBA
  - Jeni
- **6.30pm** Express
  - Liz C

### Thursday
- **12.10pm** Power Pilates
  - Ebrina
- **1.15pm** Dance Mix
  - Kealy
- **5.30pm** STRONG ZUMBA
  - Rebecca/Sarah
- **6.30pm** BODYPUMP
  - Naomi
- **7.30pm** Express
  - Mike

### Friday
- **12.10pm** Express
  - Chris
- **1.15pm** Express Kettlebells
  - Laetitia
- **1.15pm** Express Body Blast!
  - Gavin
- **5.30pm** Hatha Yoga
  - Liz R
- **6.30pm** Freestyle Cycle
  - Sarah

### Saturday
- **9am** parkrun @ the Pavilion
- **10am** BODYPUMP
  - Naomi
- **11.15am** ZUMBA
  - Hayley

### Sunday
- **11am** Hatha Yoga
  - Liz R
- **12.15pm** SPINNING
  - Team
- **2pm** Fit 4 the Beach
  - Team

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"Mike is awesome. From spinning to spinning class I just look forward to the next one. He has helped me with my motivation and energy." – Nomination of Mike Burrell, Health and Fitness Instructor, via Kent Sport Reward and Recognition* Scheme 2019

*Nominate your favourite member of staff kent.ac.uk/sports/jobs/recognition.html