## Fitness and dance classes
### 24 September to 14 December 2018

Classes and instructors are subject to change. Follow UniKentSports social media for class updates.

*Booiaka and Mash it Up alternate Tuesdays starting with Booiaka.

### Monday
- **8am**
  - Express Yoga
  - Teacher: Monica
- **12.15pm**
  - Vinyasa Flow Yoga
  - Teacher: Annette
- **1.15pm**
  - Express SPINNING
  - Teacher: Team
- **2.30pm**
  - Body BLAST!
  - Teacher: Kealy
- **4.45pm**
  - Ab Attack
  - Teacher: Gavin
- **5.30pm**
  - ZUMBA (Main Hall)
  - Teacher: Jeni
- **6.30pm**
  - Legs, Bums and Tums
  - Teacher: Hayley
- **6.30pm**
  - Circuits (Main Hall)
  - Teacher: Mike
- **7.30pm**
  - Relax and Unwind
  - Teacher: Laetitia

### Tuesday
- **8am**
  - Japanese Swordmanship
  - Teacher: Chris B
- **12.10pm**
  - Power Pilates
  - Teacher: Ebrina
- **1.15pm**
  - Body BLAST!
  - Teacher: Kealy
- **4.45pm**
  - LBT HIIT
  - Teacher: Gavin
- **5.30pm**
  - ZUMBA
  - Teacher: Jeni
- **6.30pm**
  - Bookaka & Mash Fitness
  - Teacher: Jeni
- **7.30pm**
  - SPINNING
  - Teacher: Mike

### Wednesday
- **8am**
  - Express SPINNING
  - Teacher: Oli
- **12.15pm**
  - Core and More
  - Teacher: Naomi
- **1.15pm**
  - Express LBT
  - Teacher: Laetitia
- **2.15pm**
  - LBT HIIT
  - Teacher: Sarah
- **4.45pm**
  - Ab Attack
  - Teacher: Olivia
- **5.30pm**
  - Freestyle Cycle
  - Teacher: Olivia
- **6.30pm**
  - ZUMBA (Main Hall)
  - Teacher: Emma
- **7.30pm**
  - Relax and Unwind
  - Teacher: Laetitia

### Thursday
- **12.15pm**
  - ZUMBA
  - Teacher: Jeni
- **1.10pm**
  - Power Pilates
  - Teacher: Ebrina
- **4.45pm**
  - HIIT and Abs
  - Teacher: Olivia
- **5.30pm**
  - Dance Mix
  - Teacher: Kealy
- **6.30pm**
  - ZUMBA (Main Hall)
  - Teacher: Jeni
- **6.10pm**
  - Circuits (Main Hall)
  - Teacher: Mike
- **7.30pm**
  - Pure Sculpt
  - Teacher: Ebrina

### Friday
- **12.10pm**
  - Express SPINNING
  - Teacher: Team
- **1.15pm**
  - Stretch, Tone and Relax
  - Teacher: Jeni
- **4.45pm**
  - Express SPINNING
  - Teacher: Oli
- **5.30pm**
  - Hatha Yoga
  - Teacher: Liz
- **6.30pm**
  - BoxFit
  - Teacher: Sarah
- **7.30pm**
  - Body Pump
  - Teacher: Annette

### Saturday
- **9am**
  - parkrun @ the Pavilion
- **10am**
  - Hatha Yoga
  - Teacher: Forty
- **11.15am**
  - ZUMBA
  - Teacher: Hayley

### Sunday
- **11am**
  - Hatha Yoga
  - Teacher: Liz
- **12pm**
  - SPINNING
  - Teacher: Laetitia

### 40+ energising classes

Try our new 30-minute Express classes.