## Fitness and dance classes
13 January to 3 April

Classes and instructors are subject to change. Follow UniKentSports on social media for class updates. For descriptions of classes or to book online, visit kent.ac.uk/sports/fitnessanddance

### Express classes

- **Monday**
  - 8am: Express Yoga
    - Monica
  - 12.15pm: Vinyasa Yoga
    - Annette
  - 1.15pm: LBT
    - Liz
  - 2pm: Power Pilates
    - Ebrina
  - 1.15pm: Ab Attack
    - Laetitia
  - 5.30pm: Circuits
    - Del
  - 6.30pm: Pure Pilates
    - Liz

- **Tuesday**
  - 8am: Japanese Swordsmanship
    - Chris B.
  - 12.10pm: Pure Sculpt
    - Kealy
  - 1.15pm: Body Blast!
    - Kealy
  - 2.15pm: Tai Chi
    - Tuan
  - 5.30pm: Freestyle Cycle
    - Sarah
  - 6.30pm: Box Fit
    - Gavin

- **Wednesday**
  - 8am: Express SPINNING
    - Oli
  - 12.15pm: Power Pilates
    - Ebrina
  - 1.15pm: Box Fit
    - Gavin
  - 2.16pm: Freestyle Cycle
    - Sarah
  - 5.30pm: Body Blast!
    - Kealy
  - 6.30pm: Pure Pilates
    - Liz

- **Thursday**
  - 12.10pm: Power Pilates
    - Ebrina
  - 1.15pm: Express SPINNING
    - Jeni
  - 4.45pm: Body Blast!
    - Kealy
  - 5.30pm: Freestyle Cycle
    - Sarah
  - 6.30pm: Relax and Unwind
    - Kealy

- **Friday**
  - 8am: Express SPINNING
    - Oli
  - 1.15pm: Express SPINNING
    - Jeni
  - 4.45pm: Express SPINNING
    - Kirsty
  - 5.30pm: Totally Shredded
    - Gavin
  - 6.30pm: Express SPINNING
    - Sarah
  - 7.30pm: Hatha Yoga
    - Liz R

- **Saturday**
  - 9am: parkrun
    - Open to all
  - 10am: Express SPINNING
    - Naomi
  - 11.15am: Express SPINNING
    - Hayley
  - 12am: Power Pilates
    - Chris B.
  - 11am: Express SPINNING
    - Oli
  - 4.45pm: Power Pilates
    - John
  - 5.30pm: Express SPINNING
    - Rachel
  - 6.30pm: Express SPINNING
    - Jeni
  - 7.30pm: Express SPINNING
    - Hayley

- **Sunday**
  - 11am: Express SPINNING
    - Ebrina
  - 12pm: Freestyle Cycle
    - Sarah

---

[Visit kent.ac.uk/sports](https://kent.ac.uk/sports) for more information.

### Social media

- [Facebook](https://www.facebook.com/)
- [Instagram](https://www.instagram.com/)
- [Twitter](https://twitter.com/UniKentSports)

---

[Book online up to seven days in advance](https://kent.ac.uk/sports).