### Fitness and dance classes
16 December to 12 January

Classes and instructors are subject to change. Follow UniKentSports social media for class updates. No classes between 20 December and 1 January. The Sports Centre will be closed for the Christmas holidays.

#### Monday
- **12.15pm**
  - **Body Pump**
  - Instructor: Oli
- **1.15pm**
  - **Express LBT**
  - Instructor: Liz
- **5.30pm**
  - **Zumba**
  - Instructor: Hayley

#### Tuesday
- **12.10pm**
  - **Express Stretch**
  - Instructor: Chris
- **5.30pm**
  - **Express Body Pump**
  - Instructor: Lissa
- **6.30pm**
  - **Circuits**
  - Instructor: Laetitia

#### Wednesday
- **8am**
  - **Express Spinning**
  - Team: Ebrina
- **12.15pm**
  - **Express Spinning**
  - Instructor: Laetitia
- **1.15pm**
  - **Box Fit**
  - Instructor: Gavin
- **5.30pm**
  - **Freestyle Cycle**
  - Instructor: Sarah
- **6.30pm**
  - **Pure Pilates**
  - Instructor: Liz

#### Thursday
- **12.10pm**
  - **Power Pilates**
  - Instructor: Ebrina
- **1.15pm**
  - **Body Blast!**
  - Instructor: John
- **5.30pm**
  - **Express Spinning**
  - Instructor: Gavin
- **6.30pm**
  - **Metafit**
  - Instructor: Adam

#### Friday
- **12.10pm**
  - **Express Body Pump**
  - Instructor: Oli
- **1.15pm**
  - **Zumba Strong**
  - Instructor: Sarah
- **5.30pm**
  - **Yoga**
  - Instructor: Liz R
- **6.30pm**
  - **Box Fit**
  - Instructor: Sarah

#### Saturday
- **9am**
  - **Parkrun**
  - @ The Pavilion
  - Open to all

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[Visit kent.ac.uk/sports for more details.](kent.ac.uk/sports)

Try our 30-minute Express classes.