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06:15  GX Room		 cycle		 cycle			
06:30  GX Hall							
08:15  GX Hall							
08:40  Gym							
09:15  GX Hall							
9:15  GX Room							
10:05  Gym							
10:15  GX Room							
11:15  GX Hall							
12:15  GX Hall							
16:00  Gym							
16:30  GX Hall							
17:00  Gym							
17:30  GX Hall							
17:45  GX Room							
18:30  GX Hall							
18:45  GX Room							
19:30  Gym							
19:30  GX Hall							

To ensure a space we recommend that you book classes in advance on-line or via our "Slice Of Life Kent" app. However if there is space in a class you can always attend without pre-booking. Booking is available 2 days in advance.

Non-attendance to a booked class without cancellation will result in the booking fee paid being charged.

If you wish to cancel or rearrange a class booking please do so at least 3 hours prior to the start of the class. Cancelling is very easy and can be done using the same method as you used to book.

We politely request that you do not book a place in a class unless you are committed to attend. Booking a place with the knowledge your plans might change could prevent others having a chance to participate.

Many classes are available on-line as a livestream as well as in person at Slice of Life Gym, please check that you book the correct class. Some classes will be available via our On Demand catch-up service.