



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 Gym (30')	WOD		WOD		WOD		
08:15 GX Hall (45')						LES MILLS BODY PUMP	LES MILLS BODY BALANCE
09:15 GX Hall (45')	LAB	LES MILLS BODY PUMP	LAB	LES MILLS BODY BALANCE	Barre	CARDIO BLAST	cycle
9:15 GX Room (45')	cycle		cycle		cycle		
10:05 Gym (30')	WOD	WOD	WOD	WOD	WOD		
11:15 GX Hall (45')		PILATES		PILATES			
12:15 GX Hall (45')		YIN YOGA		MOVE IT OR LOSE IT!			
16:00 Gym (45')		Kidz Fit		Kidz Fit			
17:25 Gym (30')			WOD				
17:45 GX Room (45')		cycle	cycle				
18:00 GX Hall (45')	Barre	LES MILLS BODY PUMP	LES MILLS BODY BALANCE	CARDIO BLAST			
18:15 GX Room (45')	cycle			cycle			
19:00 GX Hall (45')	LES MILLS SH'BAM	YOGA	LAB	LES MILLS BODY PUMP			
19:05 Gym (30')	WOD	WOD					

To ensure a space we recommend that you book classes in advance via our "Slice Of Life Kent" app or on-line at www.slice-of-life.co.uk. It is however always possible to attend without pre-booking if space is available in which case please arrive a little early to check-in. 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.

Some 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. Classes are also available via our On Demand service.

For reasons of hygiene we kindly request that you bring a mat to class for your personal use.