



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 GX Hall		cycle	LES MILLS BODY PUMP	cycle	LES MILLS BODY BALANCE		
06:30 Gym	HIIT						
08:30 GX Hall						LES MILLS BODY PUMP	
09:00 GX Hall							LES MILLS SH'BAM
09:15 GX Hall	LBT	cycle	LES MILLS BODY ATTACK	cycle	LES MILLS SH'BAM		
09:30 GX Hall						LES MILLS BODY ATTACK	
10:00 GX Hall							cycle
10:00 Gym	HIIT	ABSolution	CROSS TRAINING		HIIT		
10:15 GX Hall	LES MILLS BODY COMBAT	LES MILLS BODY PUMP	LES MILLS BODY BALANCE	LES MILLS BODY PUMP	LES MILLS BODY BALANCE		
10:30 GX Room						cycle	
11:00 Gym					ABSolution		
11:00 GX Hall							LES MILLS BODY BALANCE
11:15 GX Hall	LES MILLS BODY PUMP	LES MILLS BODY BALANCE	LES MILLS BODY COMBAT	LBT			
13:00 GX Hall	PILATES		YOGA		PILATES		
14:00 GX Hall	YOGA	LBT		LES MILLS BODY PUMP	YOGA		
17:30 GX Hall	cycle	YOGA	cycle	LES MILLS BODY COMBAT	HIIT		
18:00 GX Room			STEP	cycle			
18:30 GX Hall	LES MILLS BODY ATTACK	LES MILLS BODY COMBAT	LES MILLS BODY BALANCE	LES MILLS BODY PUMP			
18:45 Gym	CROSS TRAINING		HIIT	Boot Camp			
19:00 GX Room		LBT					
19:30 GX Hall	LES MILLS BODY PUMP	cycle	LES MILLS SH'BAM	LBT			

We recommend that you book classes in advance on-line or via our "Slice Of Life Kent" app.

If you wish to rearrange a class booking then we request you do so as soon as possible but at least 1 hour prior to the start of the class using the same method as used to book. If you do not cancel or rearrange a class booking you could be charged for that session even if you are on a membership contract.

If you are unable to cancel or rearrange a session online please contact Slice-of-Life directly and we will process it for you. Contact via email on info@slice-of-life.co.uk within the time period required before the start of your class if you would like us to change it for you.