



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 GX Hall							
06:30 Gym							
08:30 GX Hall							
09:00 GX Hall							
09:15 GX Hall							
09:15 GX Room							
09:30 GX Hall							
10:00 GX Hall							
10:00 Gym							
10:15 GX Hall							
10:30 GX Room							
11:00 Gym							
11:00 GX Hall							
13:00 GX Hall							
14:00 GX Hall							
17:30 GX Hall							
18:00 GX Room							
18:30 GX Hall							
18:45 Gym							
19:30 GX Room							
19:30 GX Hall							

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 3 hours 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.