

# Fitness Classes



Canterbury  
Christ Church  
University

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>RUNNING CLUB</b> 12:30-13:00	<b>WOMEN ONLY GYM</b> 10:00-11:00	<b>RUNNING CLUB</b> 12:30-13:00	<b>WOMEN ONLY GYM</b> 10:00-11:00	<b>SPIN</b> 13:15-14:00	<b>YOGA</b> 11:15-12:00
<b>SPIN</b> 17:30-18:15	<b>WOMEN ONLY CONDITIONING</b> 10:15-11:00	<b>PILATES</b> 13:15-14:00	<b>WOMENS FUNCTIONAL FITNESS</b> 10:15-11:00	<b>CIRCUIT TRAINING</b> 17:30-18:15	
<b>BOOGIE BOUNCE</b> 17:30-18:15	<b>LEGS, BUMS &amp; TUMS</b> 12:00-12:45	<b>DANCE FIT</b> 17:30-18:15	<b>STRENGTH</b> 12:00-12:45		
<b>YOGA</b> 18:30-19:15	<b>LEGS, BUMS &amp; TUMS</b> 17:30-18:15	<b>KRAV MAGA</b> 18:30-20:00	<b>PILATES</b> 17:30-18:15		
	<b>PILATES</b> 18:30-19:15		<b>SPIN</b> 18:30-19:15		
			<b>YOGA</b> 18:30-19:15		

**CLASS LOCATION**

- EXERCISE STUDIO
- SPIN STUDIO
- GYM
- OUTSIDE SPORT CENTRE

Join the ultimate fitness experience with our Canterbury Christ Church University Fitness Classes. Located near campus, our affordable classes offer **something for everyone**. From Yoga to Dancefit and Boogie Bounce to Pilates, we've got your workout covered. Whether you're a fitness newbie or a workout pro, our inclusive classes ensure you'll find your fit - **Embrace a healthier lifestyle and live life better.**



[canterbury.ac.uk/classes](https://canterbury.ac.uk/classes)

