

Fitness Classes



Canterbury
Christ Church
University

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 07:05-07:50	RIG WORX 07:05-07:50	STRETCH & FLEX 07:05-07:50	SPIN 07:05-07:50	SPIN 13:15-14:00	LEGS, BUMS & TUMS 10:15-11:00
RUNNING CLUB 12:30-13:00	WOMEN ONLY GYM 10:00-11:00	LEGS, BUMS & TUMS 11:30-12:15	WOMEN ONLY GYM 10:00-11:00	CIRCUIT TRAINING 17:30-18:15	YOGA 11:15-12:00
SPIN 17:30-18:15	VIRTUAL SPIN 10:15-11:00	RUNNING CLUB 12:30-13:00	VIRTUAL SPIN 10:15-11:00		
BOOGIE BOUNCE 17:30-18:15	BOX FIT 12:15-13:00	PILATES 13:15-14:00	STRENGTH 12:00-12:45		
YOGA 18:30-19:15	LEGS, BUMS & TUMS 17:30-18:15	DANCE FIT 17:30-18:15	PILATES 17:30-18:15		
	PILATES 18:30-19:15	KRAV MAGA 18:30-20:00	SPIN 18:30-19:15		
			YOGA 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