

Fitness Classes



Canterbury
Christ Church
University

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

