

## Group-X Class Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15  GX Room		cycle		cycle			
06:30  GX Hall	HIIT		HIIT		HIIT		
08:15  GX Hall						LES MILLS BODYPUMP	LES MILLS BODYBALANCE
08:40  Gym		WOW		ABSolution			
09:15  GX Hall	LBT	LES MILLS BODYPUMP	LBT	LES MILLS BODYBALANCE	Barre	CARDIO BLAST	XTRAINFIT
9:15  GX Room	cycle		cycle		cycle		
10:05  Gym	R18	ABSolution	STRETCH LAB	WOW	R18		
10:15  GX Room					PILATES	cycle	
11:15  GX Hall		PILATES		MOVE IT OR LOSE IT!			
12:15  GX Hall		YIN YOGA					
16:00  Gym		Koz Fit		Koz Fit			
16:30  GX Hall					Koz Fit		
17:00  Gym					R18		
17:30  GX Hall	Barre	ENOUGH	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS SH'BAM		
17:45  GX Room		cycle	cycle				
18:30  GX Hall	LES MILLS SH'BAM	LES MILLS BODYPUMP	STEP & TONE	BOOT CAMP			
18:45  GX Room	cycle			cycle			
19:30  Gym	STRETCH LAB	R18	XTRAINFIT				
19:30  GX Hall	LES MILLS BODYPUMP	YOGA	Barre	YOGA			

To ensure a space we recommend that you book classes in advance on-line or via our "Slice Of Life Kent" app. However if there is space in a class you can always attend without pre-booking. Booking is available 2 days in advance.

Non-attendance to a booked class without cancellation will result in the booking fee paid being charged.

If you wish to cancel or rearrange a class booking please do so at least 3 hours prior to the start of the class. Cancelling is very easy and can be done using the same method as you used to book.

We politely request that you do not book a place in a class unless you are committed to attend. Booking a place with the knowledge your plans might change could prevent others having a chance to participate.

Many classes are available on-line as a livestream as well as in person at Slice of Life Gym, please check that you book the correct class. Some classes will be available via our On Demand catch-up service.



## Slice of Life Memberships



### Class Plus Membership

**£15 a month**

No joining fee - no tie in, Access to video on demand library, Unlimited livestream classes, Members access to class booking (£1 per class)



### Gym Plus Memberships

**£22.50 a month**

No joining fee - no tie in. Initial welcome personal training consultation, Unlimited access to the gym & classes, Unlimited livestream classes, Access to video on demand library, Members access to class booking (£1 per class)



### Inclusive Membership

**£35 a month**

No joining fee - no tie in. Initial welcome personal training consultation, Unlimited access to the gym, unlimited access to classes, Unlimited livestream classes, Access to video on demand library