

Guidelines for classes

Social distancing and hygiene regulations

To ensure social distancing, each class participant will have a 2x2m space marked on the studio floor to exercise safely. Studio numbers will be limited, so please book early to avoid missing out.

We will clean the studio and equipment in between all classes for your safety.

If your class requires equipment, you will be provided with a bottle of cleaning solution and cloth on arrival. You may be asked to clean the equipment before and after use. This will help keep the fitness and dance studio clean and safe for everyone to use.

If you have your own Yoga mat you are encouraged to bring this to your class.

We have provided cleaning stations at both the entrance and exit. Please hand sanitise as you enter and also again when you leave the studio.

Members are reminded not to attend classes if you have any Covid-19 symptoms.

Book in advance

Please ensure you bring your Kent One Card ID to all classes to confirm your booking.

If you can no longer attend a booked class please cancel online with at least 30 minutes notice to permit another attendee. Failure to cancel or attend may result in a fine.

Please do not arrive earlier than 10 minutes before your class start time and follow signage when entering the building. A one-way system is in place for your safety.

If you have any questions or concerns, please email sportstudio@kent.ac.uk.

kent.ac.uk/sports

Fitness and dance classes

21 September to 1 November 2020

Classes and instructors are subject to change. Follow UniKentSports on social media for class updates. Free for Premium Plus and Premium members.

 Try our 30-minute **Express** classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.15am  Gavin	<i>Express</i> 8am  Body Blast Kealy	<i>Express</i> 8am   Oli	<i>Express</i> 8am  Legs, Bums and Tums John	9.15am  Totally Shredded Gavin	10am  Naomi
10.30am Pure Pilates Kealy	10.30am Dance Mix Kealy	<i>Express</i> 9.15am  Ab Attack Laetitia	10.30am  Jeni	10.30am  John	11.30am  Hayley
12pm Vinyasa Yoga Annette	12pm Stretch, Tone and Relax Jeni	10.30am Body Blast John	12pm Power Pilates Ebrina	12pm  Oli	
<i>Express</i> 3.30pm  Ab Attack Laetitia	5pm  Gavin	12pm BoxFit Gavin	5pm Pure Pilates Kealy	5pm Dance Mix Kealy	11am Hatha Yoga Liz R
5pm  Jeni	6.30pm  John	<i>Express</i> 3.30pm   Chris	6.30pm Legs, Bums and Tums Liz	<i>Express</i> 6.30pm   Ben	3.30pm  Laetitia
6.30pm Legs, Bums and Tums Laetitia	8pm Body Blast Laetitia	5pm  Sarah	8pm Box Fit Gavin	8pm  Sarah	
8pm Circuits Del		6.30pm  Emma			
		8pm Pure Pilates Liz			