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.

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.





9.15am



Gavin

10.30am

Pure Pilates

Kealy

12pm

Vinyasa Yoga

Annette

3.30pm Express
Ab Attack

Laetitia

5pm



Jeni

6.30pm

Legs, Bums and Tums

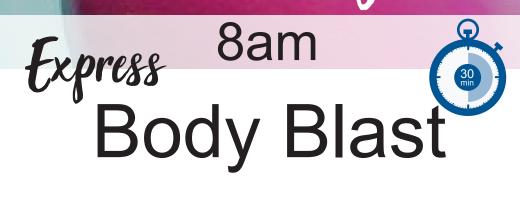
Laetitia

8pm

Circuits

Del

Tuesday



Kealy

10.30am

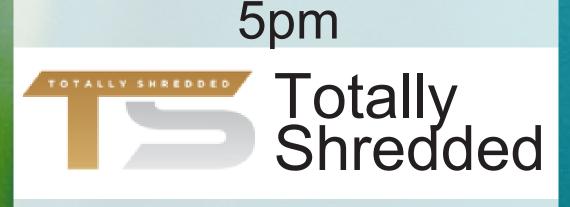
Dance Mix

Kealy

12pm

Stretch, Tone and Relax

Jeni



Gavin

6.30pm



John

8pm

Body Blast

Laetitia

Wednesday



9.15am Express Ab Attack

Laetitia

10.30am

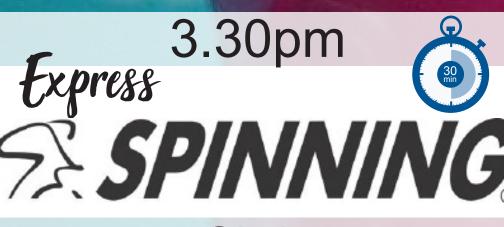
Body Blast

John

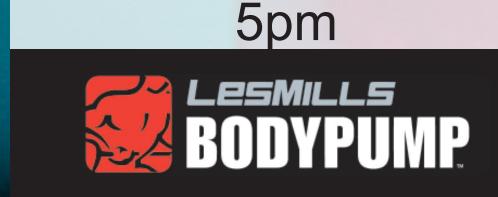
12pm

BoxFit

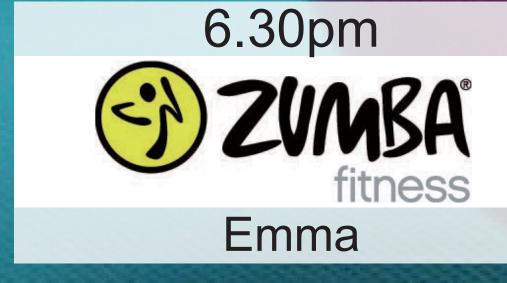
Gavin



Chris



Sarah



8pm

Pure Pilates

Liz

Thursday

Express
Legs, Bums and Tums

John

10.30am

ZVABAtoning

Jeni

12pm

Power Pilates

Ebrina

5pm

Pure Pilates

Kealy

6.30pm

Legs, Bums and Tums

Liz

8pm

Box Fit

Gavin

Friday

9.15am

Totally Shredded

Gavin

10.30am



John

12pm

LESMILLS
BODYPUMP

Oli

Dance Mix

5pm

Kealy

Express 6.30pm

SPINNIG.
Ben

8pm



Sarah

Saturday

10am

Lesmills
BODYPUMP

Naomi

11.30am



Sunday

11am

Hatha Yoga

Liz R

3.30pm

SPINNING.

Laetitia



