

OPENING TIMES

Summer 2017



Wednesday 19th April -
Thursday 6th July

Excluding 27th May - 4th June

1 St. Stephen's Road
Canterbury, Kent, CT2 7HU
01227 812921 / 812923

www.kingsrecreation.co.uk
info@kingsrecreation.co.uk

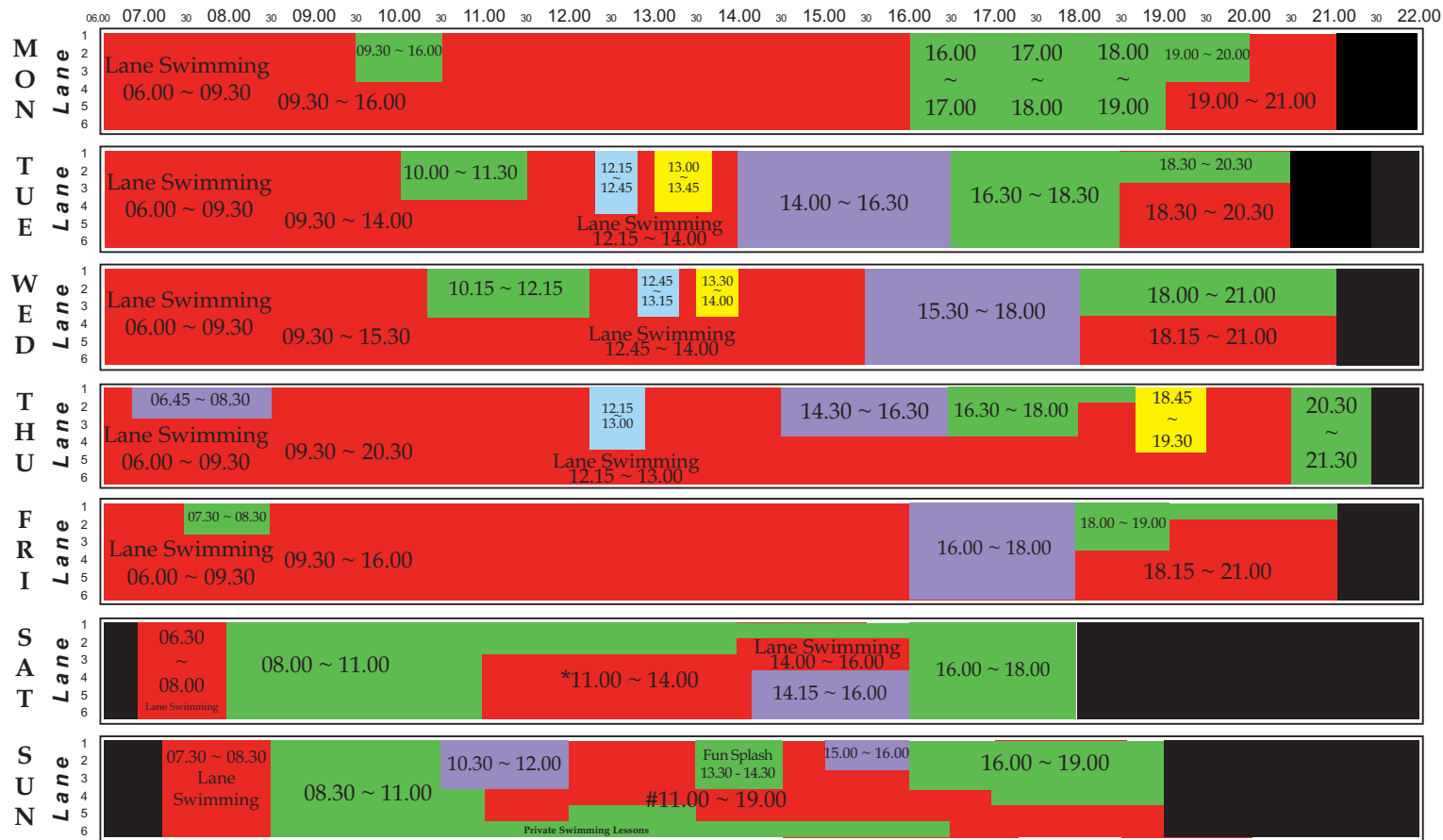
Twitter: @Kings_Rec

Registered Charity No. 307942

The King's School
Recreation Centre



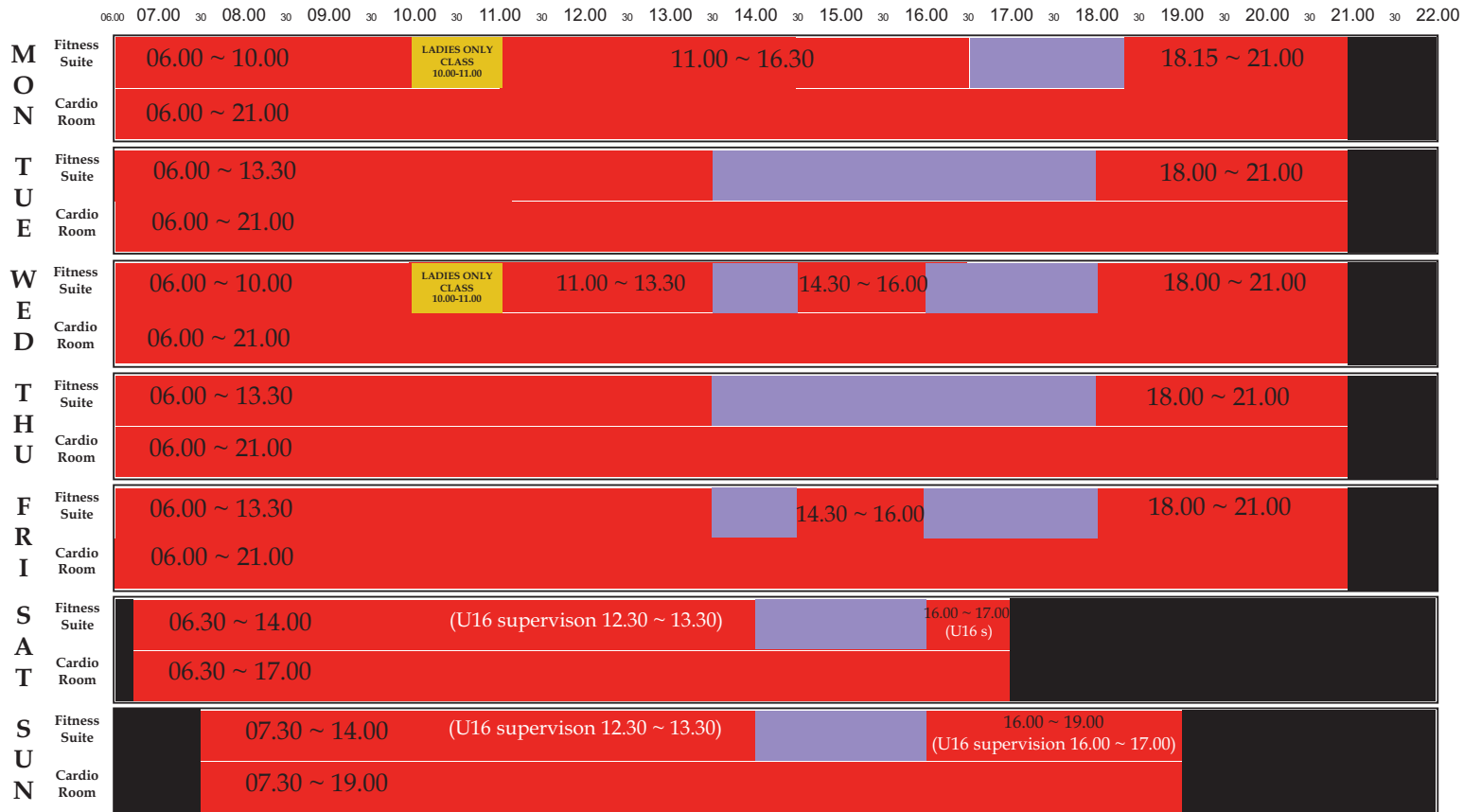
Swimming Pool Time Table



■ Members
 ■ The King's School
 ■ Lessons and Block Bookings
 ■ 50+ Aqua / Deep Aqua
 ■ Water Therapy
 ■ Cleaning / Closed

Individual swimming tuition takes place during members swimming times, to avoid these lessons we advise you to contact reception.
 * Pool Closed at 13.30 due to King's School Swimming Gala on Saturday 6th May 2017 # Pool opening at 12.30pm on Sunday 2nd July 2017.

Fitness Suite Time Table



Members
 The King's School

*Please read our members email for possible timetable amendments or visit our website www.kingsrecreation.co.uk.
 For regular Centre updates please follow us on twitter @Kings_Rec*

Fitness Class Timetable

Monday

06.00-07.00	Functional Fitness NEW
08.00-09.00	Functional Fitness NEW
10.00-11.00	Ladies Only Class
10.00-11.00	Racket-Fit
10.10-11.10	50+ Aerobics
11.15-12.00	Assisted Exercise Class
11.15-12.00	Health Aerobics
12.15-13.15	Badmintone*
18.15-19.00	Ab Attack
18.15-19.00	Ultimate HIIT
19.10-19.55	Aero Fit NEW
19.30-20.30	Weightlifting Workshop* NEW
20.00-21.00	Studio Cycling

Tuesday

10.00-11.00	Total Body Conditioning
11.00-12.00	Active For Life Circuits
12.15-12.45	Water Therapy
13.00-13.45	50+ Aqua
18.15-19.15	Studio Cycling
19.15-20.15	Circuit Training
19.30-20.15	Pilates *

Wednesday

07.30-08.30	Yoga
10.00-10.45	Assisted Exercise Class
10.00-11.00	Ladies Only Class
11.00-11.45	Pilates *
12.45-13.15	Water Therapy
13.30-14.00	50+ Aqua
18.15-19.15	Body Tone
18.30-19.30	Swimfit *
19.00-20.00	Tai Chi
19.15-20.15	Studio Cycling
19.30-20.30	X-Fit NEW

Thursday

06.00-07.00	Functional Fitness NEW
08.00-09.00	Functional Fitness NEW
10.00-10.45	Pilates *
10.00-11.00	50+ Circuits
11.00-12.00	Active For Life Circuits
12.15-13.00	Water Therapy
18.15-19.15	Studio Cycling
18.45-19.30	Deep Aqua
19.15-20.15	Body Blast
19.30-20.30	Bootcamp *
20.00-21.00	Yoga

Friday

07.30-08.30	Yoga
07.30-08.30	Swimfit *
10.00-11.00	Fitball Conditioning
10.00-11.00	Cardio Tennis
12.00-12.45	Assisted Exercise Class
18.15-19.15	Studio Cycling

Saturday

09.00-10.00	Studio Cycling
10.15-11.00	Ab Attack
11.15-12.15	Total Body Conditioning

Sunday

10.00-11.00	Studio Cycling
16.45-17.45	Yoga

Intense Fitness
Strength & Conditioning
Conditioning & Core
Body & Mind
Pulse Raisers
Exercise Referral
50+ Classes

* run as a course