

Fitness Class Timetable

Monday

- 07.30-08.30 Yoga
- 10.00-11.00 Functional Fitness
- 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

- 18.30-19.15 Ab Attack
- 18.30-19.15 Ultimate HIIT
- 19.30-20.30 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
- 18.15-19.15 Weightlifting Workshop
- 19.15-20.15 Circuit Training
- 19.15-20.00 Aero Fit

Wednesday

- 07.30-08.30 Yoga
- 10.00-10.45 A-B-C (Agility, Balance, Control)
- 10.00-11.00 Ladies Only Class
- 11.00-12.00 Functional Fitness
- 11.15-12.00 Pilates *
- 12.30-13.15 50+ Aqua
- 13.30-14.00 Water Therapy

- 18.30-19.30 X-Fit
- 18.30-19.30 Studio Cycling
- 19.00-20.00 Tai Chi
- 19.30-20.00 Stretch

Thursday

- 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
- 20.00-21.00 Yoga

Friday

- 07.30-08.30 Yoga
- 10.00-11.00 Fitball Conditioning
- 11.00-12.00 Functional Fitness
- 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

- 09.30-10.30 Studio Cycling
- 11.00-12.00 Functional Fitness
- 16.45-17.45 Yoga

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

* run as a course

OPENING TIMES

Summer 2018



Saturday 14th April -
Thursday 5th July
Excluding 26th May - 3rd June
Centre Closed on Monday 7th May

1 St. Stephen's Road
Canterbury, Kent, CT2 7HU
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www.kingsrecreation.co.uk
info@kingsrecreation.co.uk
Twitter: @Kings_Rec
Registered Charity No. 307942



SUMMER TERM OPENING TIMES - 14/4/18 - 5/7/18

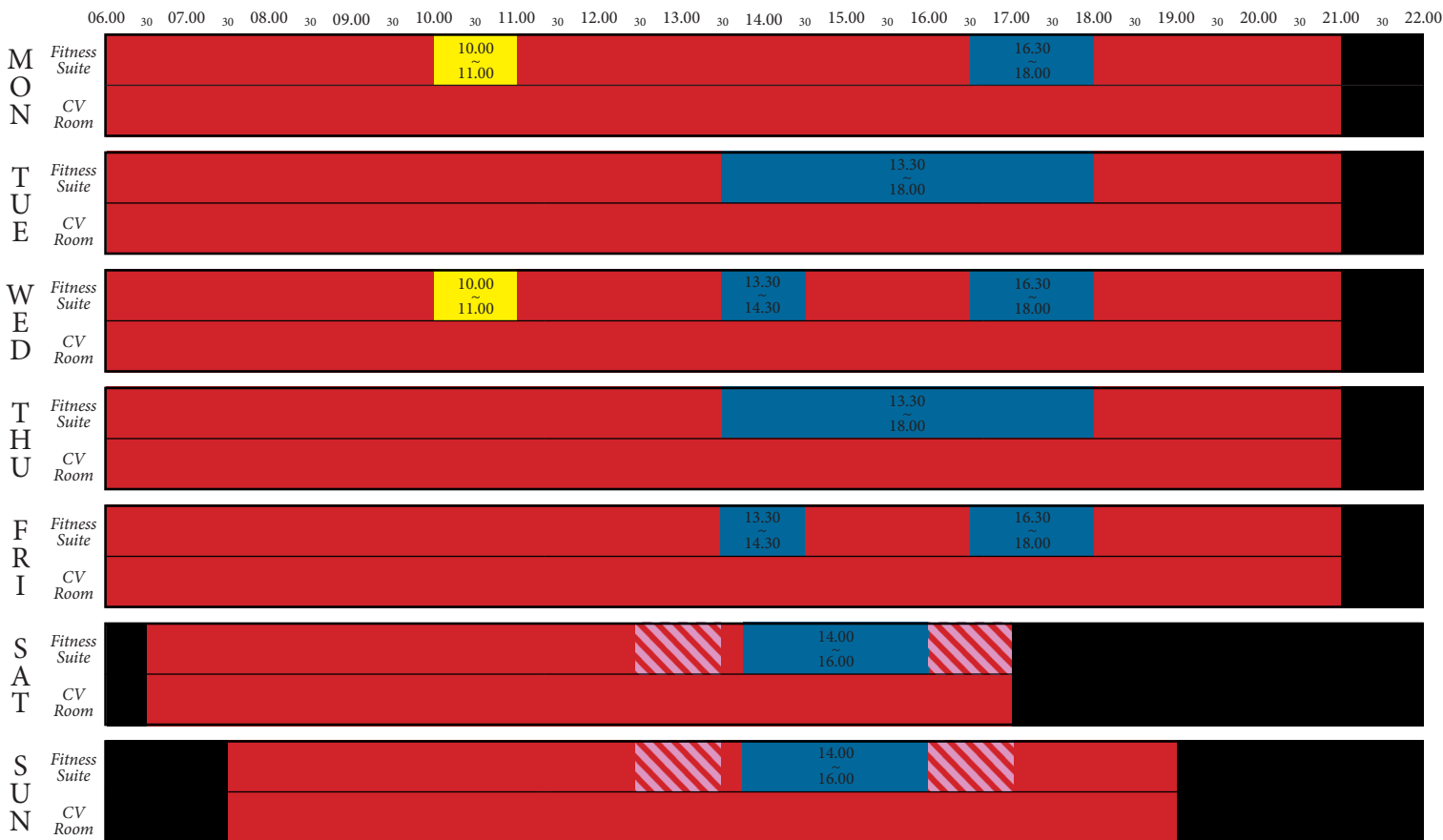


■ Members
 ■ Lessons
 ■ Water Therapy
 ■ King's School
 ■ Aqua Aerobics
 ■ Cleaning / Closed

Individual swimming tuition takes place during members swimming times, to avoid these lessons we advise you contact reception.

** Please note the pool will be opening at the later time of 19.15hrs on Friday 29th June & 13.15hrs on Sunday 1st July 2018 due to Swimming Galas.*

FITNESS AREA OPENING TIMES

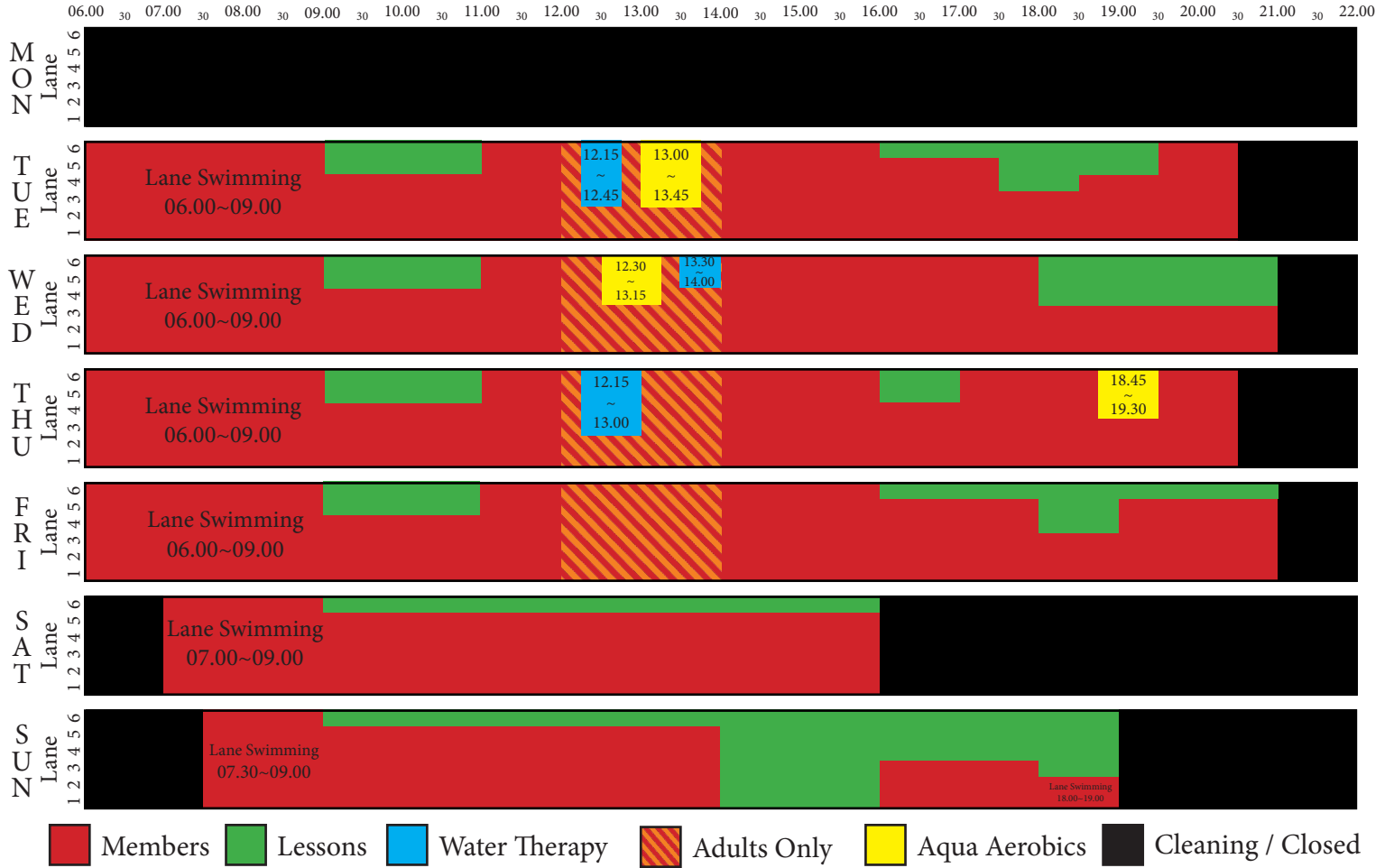


■ Members
 ■ King's School
 ■ U16 Supervision
 ■ Fitness Classes
 ■ Cleaning / Closed

Please read our members email for possible timetable amendments.

For regular Centre updates please follow us on twitter @Kings_Rec

MAY HALF TERM SWIMMING POOL OPENING TIMES - 26/5/18-3/6/18



MAY HALF TERM OPENING TIMES - 26/5/18-3/6/18

The Sandwich & Coffee Bar is CLOSED during the May half term.

Please visit the [Members Portal](#) or contact reception for information on our [Fitness Class schedule](#) over the May half term.

Swimming Crash Courses available during May half term with emphasis on Front Crawl and Breaststroke from stages 4 upwards. Please contact reception on 01227 812921 or email k.jackson@kingsrecreation.co.uk to book.

Fitness Suite

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|------------------|----------------------------|
| Monday | CLOSED |
| Tuesday | 06.00-21.00 |
| Wednesday | 06.00-10.00 11.00-21.00 |
| Thursday | 06.00-21.00 |
| Friday | 06.00-21.00 |
| Saturday | 07.00-16.00 |
| Sunday | 07.30-19.00 |



The King's School Recreation Centre
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