

# OPENING TIMES

## LENT 2010

Wednesday 6th January - Thursday 25th March 2010  
Excluding 13th February - 21st February 2010

# THE KING'S SCHOOL RECREATION CENTRE



1 St. Stephen's Road, Canterbury, Kent CT2 7HU  
Telephone: 01227 595602/595618 Fax: 01227 595616

E-mail: [info@kingsrecreation.co.uk](mailto:info@kingsrecreation.co.uk)  
[www.kingsrecreation.co.uk](http://www.kingsrecreation.co.uk)

Registered Charity No. 307942

**Fitness Suite****Restaurant**

Monday 06.30 to 10.00  
11.00 to 13.45  
14.30 to 16.30  
18.30 to 22.00

Tuesday 06.30 to 10.00  
11.00 to 13.45  
17.30 to 22.00

Wednesday 06.30 to 13.45  
16.30 to 22.00

Thursday 06.30 to 13.45  
17.30 to 22.00

Friday 06.30 to 13.45  
16.30 to 21.00

Saturday 07.00 to 13.30  
15.00 to 19.00

Sunday 07.00 to 21.00

Monday 09.00 to 18.30

Tuesday 10.00 to 14.30  
15.45 to 21.00

Wednesday 09.30 to 14.30

Thursday 09.30 to 14.30  
18.30 to 21.00

Friday 10.00 to 14.30  
16.00 to 19.00

Saturday 08.00 to 14.00

Sunday 08.30 to 14.30

**Bar**

Monday 11.00 to 19.30

Tuesday 11.00 to 14.30  
15.45 to 22.00

Wednesday 11.00 to 14.30  
18.30 to 22.00

Thursday 11.00 to 14.30  
18.30 to 22.00

Friday 11.00 to 14.30  
16.00 to 19.00

Saturday 11.00 to 14.00

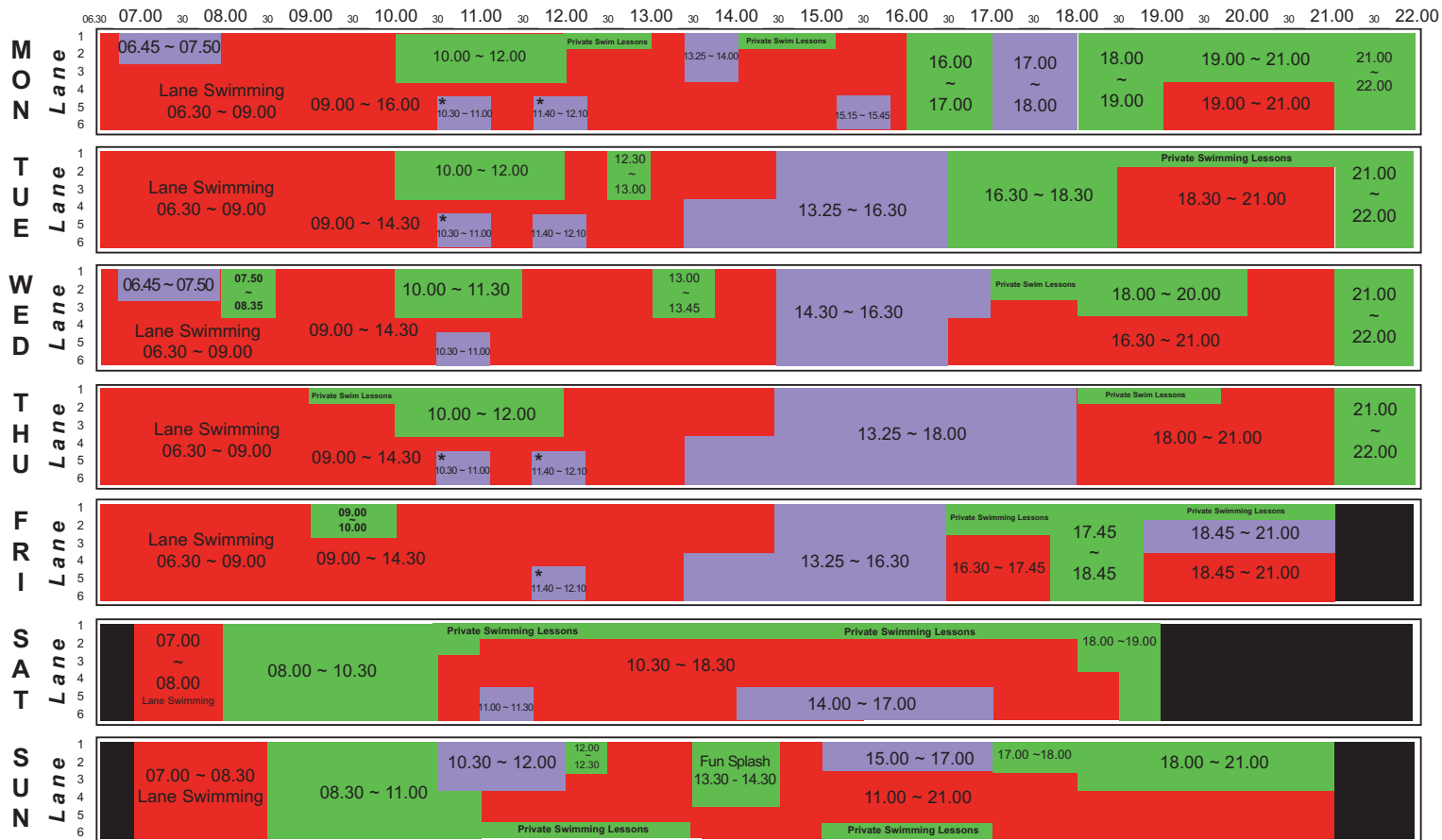
Sunday 11.00 to 14.30

**Please contact Reception after  
07.30hrs on 01227 595602  
to make your booking for the  
squash courts or sports hall.**

*Please check the member's notice board, situated in Reception,  
for possible timetable amendments.*

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# Swimming Timetable



■ Members     
 ■ The King's School     
 ■ Lessons and Block Bookings     
 ■ Cleaning / Closed

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

\*School lessons running up until 1/2 term only

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# Fitness Class Timetable

(From Monday 4th January)

		08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
<b>M O N</b>	Studio 1		School use	Ladies Only *Julie F.Suite 10.00 ~ 11.00			Chair workout 12.30 ~ 13.15 Denise		School use			* Ab Attack Kate 18.15 ~ 19.00	* Ski Fitness Kate 19.00 ~ 20.00		
	Studio 2		School use	Locomotion Caroline 10.00 ~ 11.00	50+ Denise 11.10 ~ 12.10 sports hall		Chair workout 12.30 ~ 13.15 Denise		School use			* Ab Attack Kate 18.15 ~ 19.00	* Ski Fitness Kate 19.00 ~ 20.00		
<b>T U E</b>	Studio 1		School use	*50+ Denise 10.10 ~ 11.10			50+ Aqua Denise 12.30 ~ 13.00		School use			* Studio Cycling 18.15 ~ 19.00			Circuits ~ Gary 20.00 ~ 21.00 sports hall
	Studio 2		School use	Ladies Only * Jo F.Suite 10.00 ~ 11.00		School use			School use			* Studio Cycling 18.15 ~ 19.00			Circuits ~ Gary 20.00 ~ 21.00 sports hall
<b>W E D</b>	Studio 1	Yoga Sue 07.30 ~ 08.30		* Pilates Sharon 10.00 ~ 11.00		School use	50+ Aqua Denise Pool 13.00 ~ 13.45		School use			* Studio Cycling Kate 18.00 ~ 18.45	Total Body Con * Kate 19.00 ~ 20.00		
	Studio 2	Yoga Sue 07.30 ~ 08.30		* Pilates Sharon 10.00 ~ 11.00		School use	50+ Aqua Denise Pool 13.00 ~ 13.45		School use			* Studio Cycling Kate 18.00 ~ 18.45	Circuits ~ Julie 19.00 ~ 20.00 sports hall		
<b>T H U</b>	Studio 1		* Fitball Gary 09.30 ~ 10.30	Ab's Kate 10.30 ~ 11.30					School use			* Studio Cycling Jo 18.30 ~ 19.15	* Boxercise Gary 19.00 ~ 20.00 Sports Hall	* Fitball Gary 20.00 ~ 21.00	
	Studio 2		* Fitball Gary 09.30 ~ 10.30	Ab's Kate 10.30 ~ 11.30					School use			* Studio Cycling Jo 18.30 ~ 19.15	* Boxercise Gary 19.00 ~ 20.00 Sports Hall	* Fitball Gary 20.00 ~ 21.00	
<b>F R I</b>	Studio 1	Yoga Sue 07.30 ~ 08.30	* Fitball Gary 09.00 ~ 10.00			School use			School use						
	Studio 2	Yoga Sue 07.30 ~ 08.30	* Fitball Gary 09.00 ~ 10.00			School use			School use						
<b>S A T</b>	Studio 1		* Boxercise Gary 09.00 ~ 10.00	* Studio Cycling 10.15 ~ 11.00	* Total Body Con Jo 11.15 ~ 12.15										
	Studio 2		* Studio Cycling Kate 09.00 ~ 09.45	* Studio Cycling Int ~ JO 10.15 ~ 11.00	* Total Body Con Jo 11.15 ~ 12.15										
<b>S U N</b>	Studio 1														
	Studio 2											Circuits Gem 17.30 ~ 18.30 sports hall			

**\* Booking is essential for these classes, please contact Reception on 01227 595602.**

*Please pick up a Fitness Brochure from Reception for details of individual classes.*