

# OPENING TIMES

Lent 2019



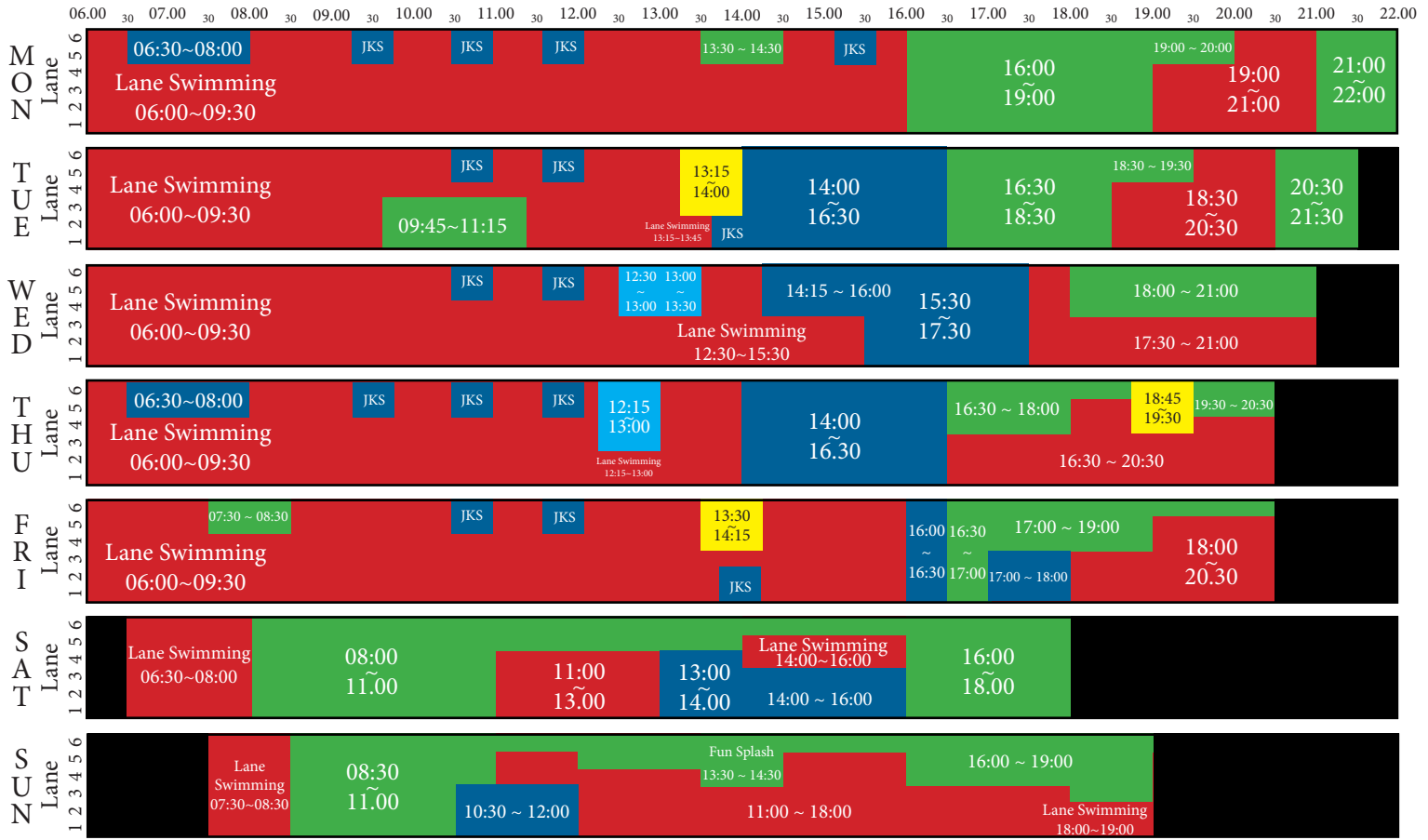
Saturday 5th January -  
Friday 15th February

1 St. Stephen's Road  
Canterbury, Kent, CT2 7HU  
01227 812921 / 812923  
[www.kingsrecreation.co.uk](http://www.kingsrecreation.co.uk)  
[info@kingsrecreation.co.uk](mailto:info@kingsrecreation.co.uk)  
Registered Charity No. 307942

The King's School  
Recreation Centre



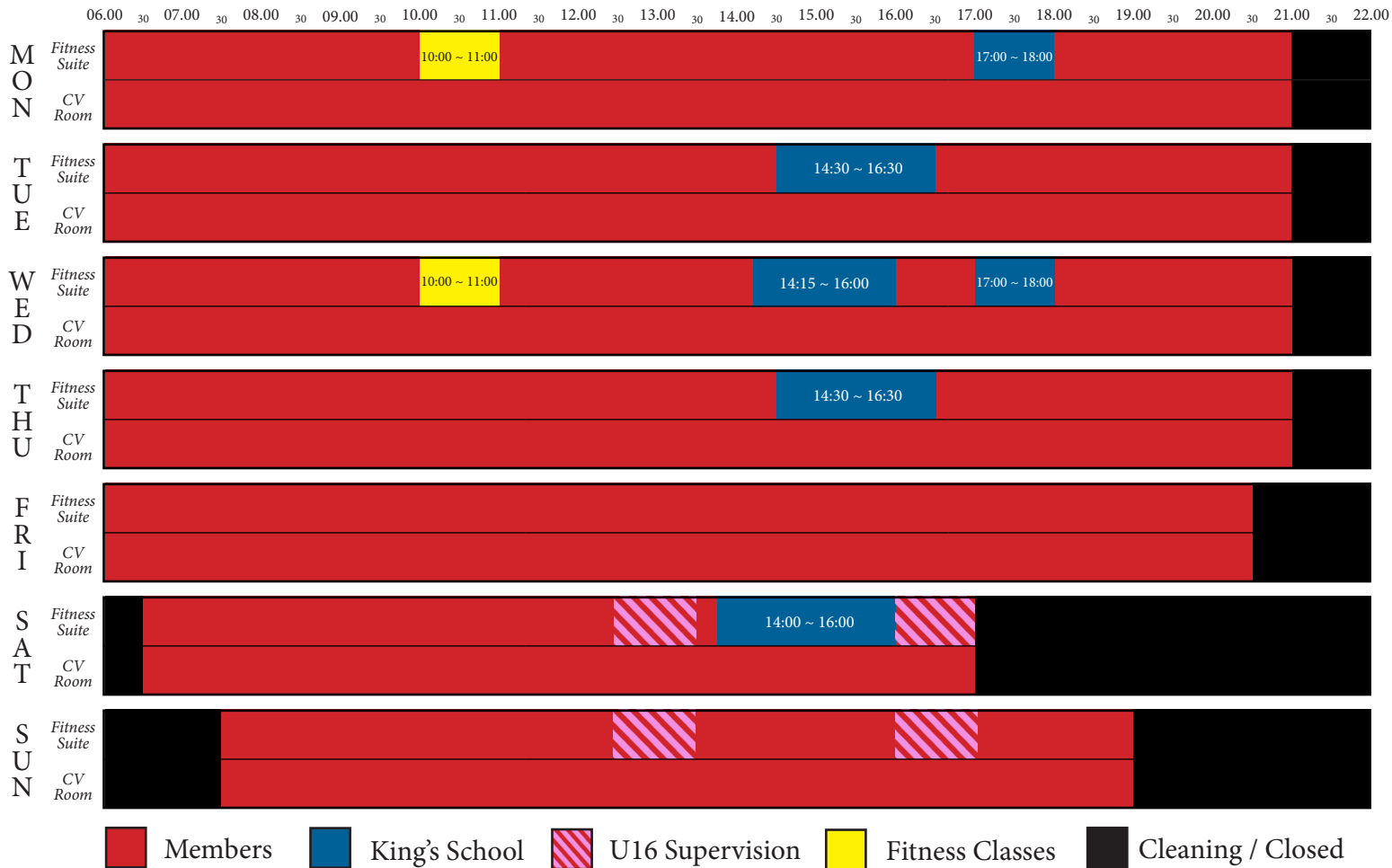
# SWIMMING POOL OPENING TIMES



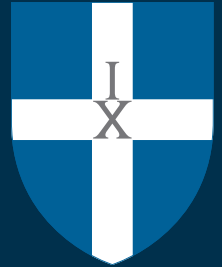
Members
  Lessons
  Water Therapy
  King's School
  Aqua Aerobics
  Cleaning / Closed

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

# FITNESS AREA OPENING TIMES



For regular Centre updates please visit our website at [www.kingsrecreation.co.uk](http://www.kingsrecreation.co.uk)



# Additional Pool Closures

Monday 25th February 2019	Pool closed 16:00 - 19:30
Thursday 28th February 2019	Pool closed 13:30 - 16:30
Friday 8th March 2019	Pool closed 16:00 - 18:30
Monday 25th March 2019	Pool closed 12:30 - 19:30
Wednesday 27th March 2019	Pool closed 12:30 - 17:30

# 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
- 11:15-12:15 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
- 10:00-11:00 Active For Life Circuits
- 11:15-12:15 Mat Pilates
- 13:15-14:00 50+ Aqua
  
- 18:15-19:15 Studio Cycling
- 18:15-19:15 Functional Fitness
- 19:15-20:15 Circuit Training
- 19:20-19:50 Stretch

## 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 X-Fit
- 11:00-12:00 Mat Pilates
- 12:00-12:30 Stretch
- 12:30-13:00 Water Therapy (Introduction)
- 13:00-13:30 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 X-Fit
- 20:00-21:00 Yoga

## Friday

- 07:30-08:30 Yoga
- 10:00-11:00 50+ Aerobics
- 10:00-11:00 Fitball Conditioning
- 11:00-12:00 Functional Fitness
- 11:00-12:00 Fitness Pilates
- 12:15-13:00 Assisted Exercise Class
- 13:30-14:15 50+ Aqua
  
- 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

50+ Classes

Body & Mind

Exercise Referral

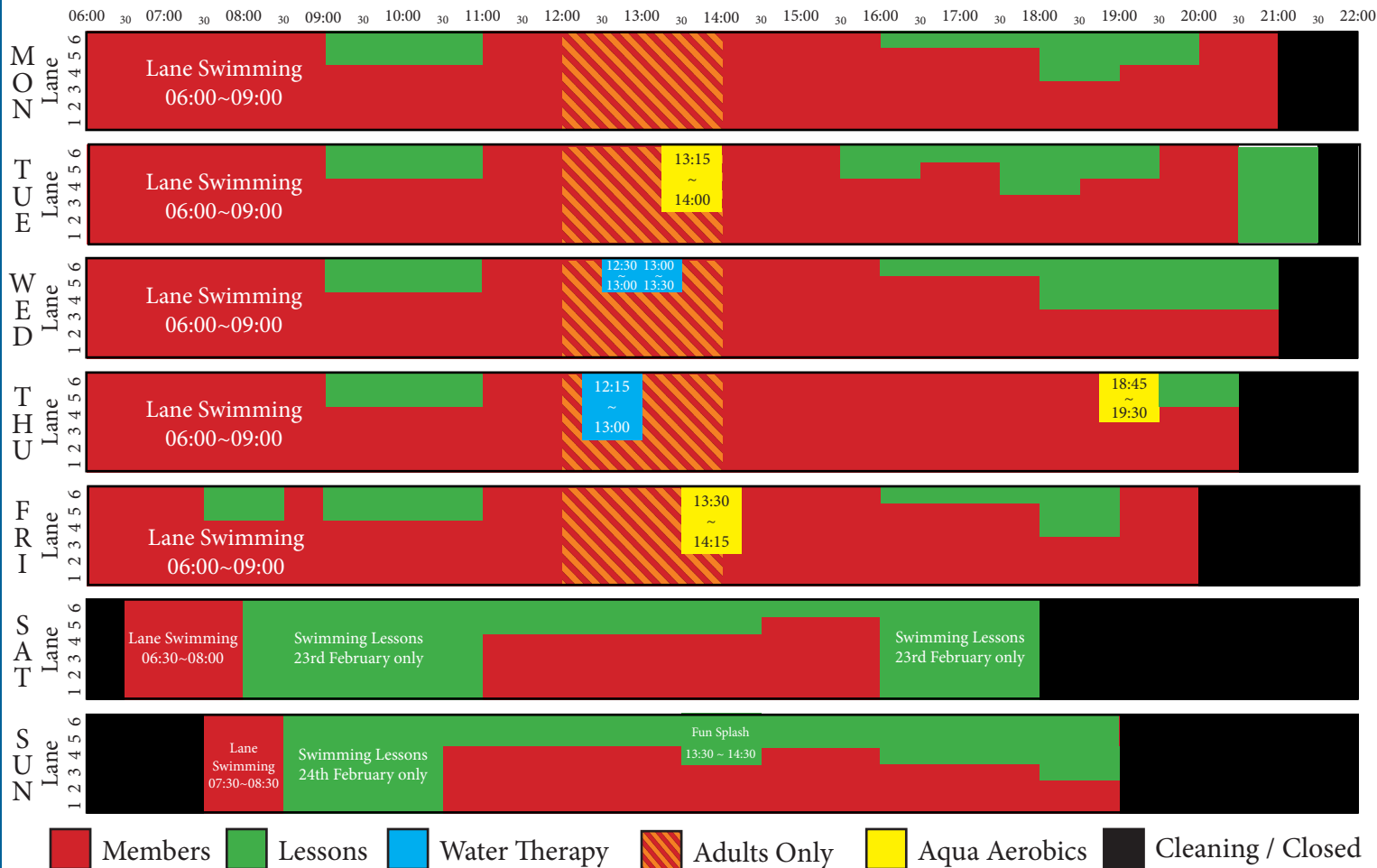
Intense Fitness

Shape & Core

Strength & Conditioning



## FEBRUARY HALF TERM SWIMMING POOL OPENING TIMES - Saturday 16th - Sunday 24th February 2019



Members
  Lessons
  Water Therapy
  Adults Only
  Aqua Aerobics
  Cleaning / Closed

## FEBRUARY HALF TERM OPENING TIMES - Saturday 16th - Sunday 24th February 2019

### The Sandwich & Coffee Bar

<b>Saturday 16th - Friday 22nd</b>	<b>Closed</b>
<b>Saturday 23rd</b>	<b>08:00-13:00</b>
<b>Sunday 24th</b>	<b>08:30-13:00</b>

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

Swimming Crash Courses available during February half term with emphasis on Backstroke and Breaststroke from stages 4 upwards. Please contact reception on 01227 812921 or email [k.jackson@kingsrecreation.co.uk](mailto:k.jackson@kingsrecreation.co.uk) to book.

### Fitness Suite

<b>Monday</b>	06:00-10:00 11:00-21:00
<b>Tuesday</b>	06:00-21:00
<b>Wednesday</b>	06:00-10:00 11:00-21:00
<b>Thursday</b>	06:00-21:00
<b>Friday</b>	06:00-20:00
<b>Saturday</b>	06:30-17:00
<b>Sunday</b>	07:30-19:00

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