

OPENING TIMES

Lent 2019



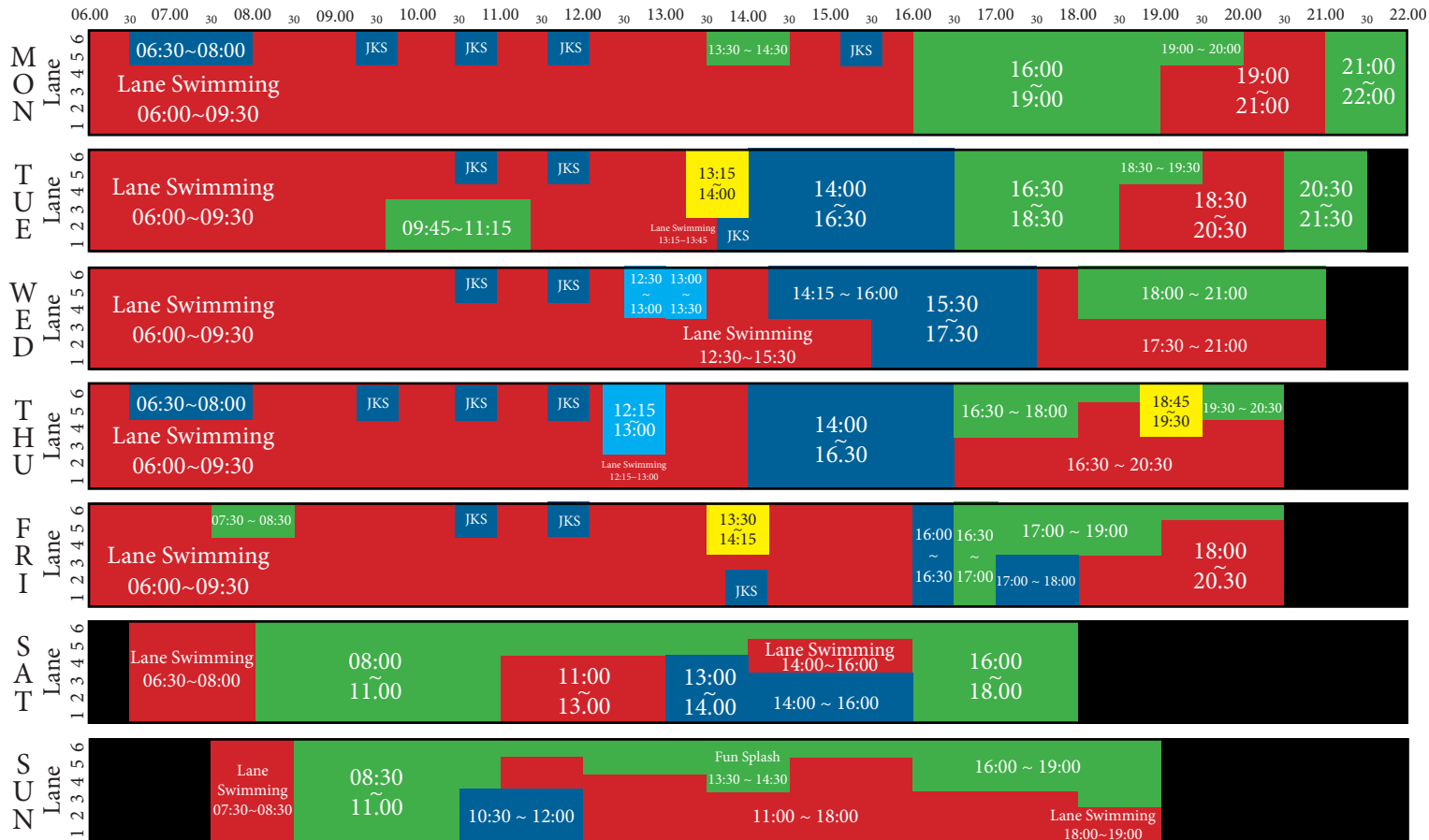
Saturday 5th January -
Friday 15th February

1 St. Stephen's Road
Canterbury, Kent, CT2 7HU
01227 812921 / 812923
www.kingsrecreation.co.uk
info@kingsrecreation.co.uk
Registered Charity No. 307942

The King's School
Recreation Centre



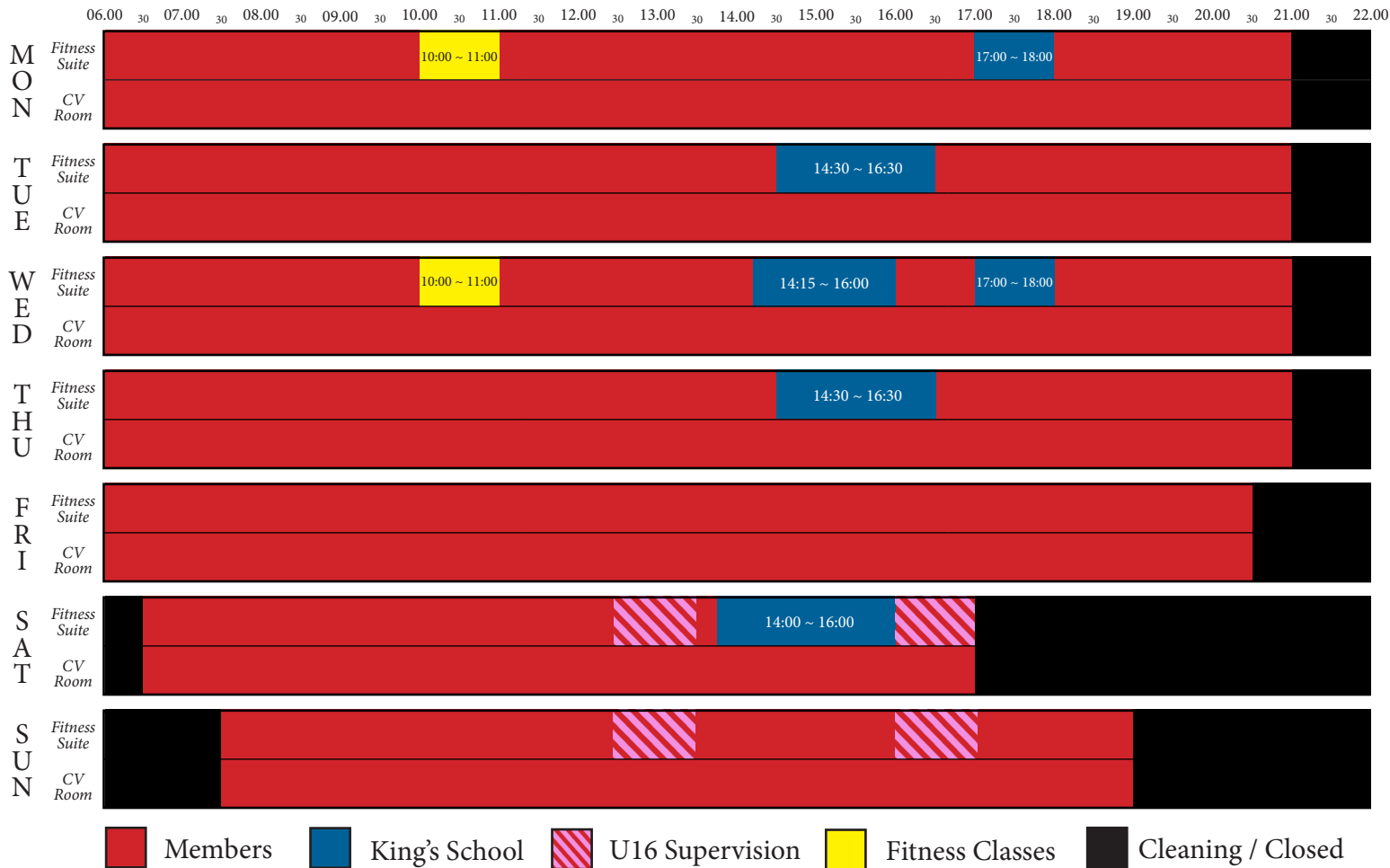
SWIMMING POOL OPENING TIMES



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



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 15:30 - 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

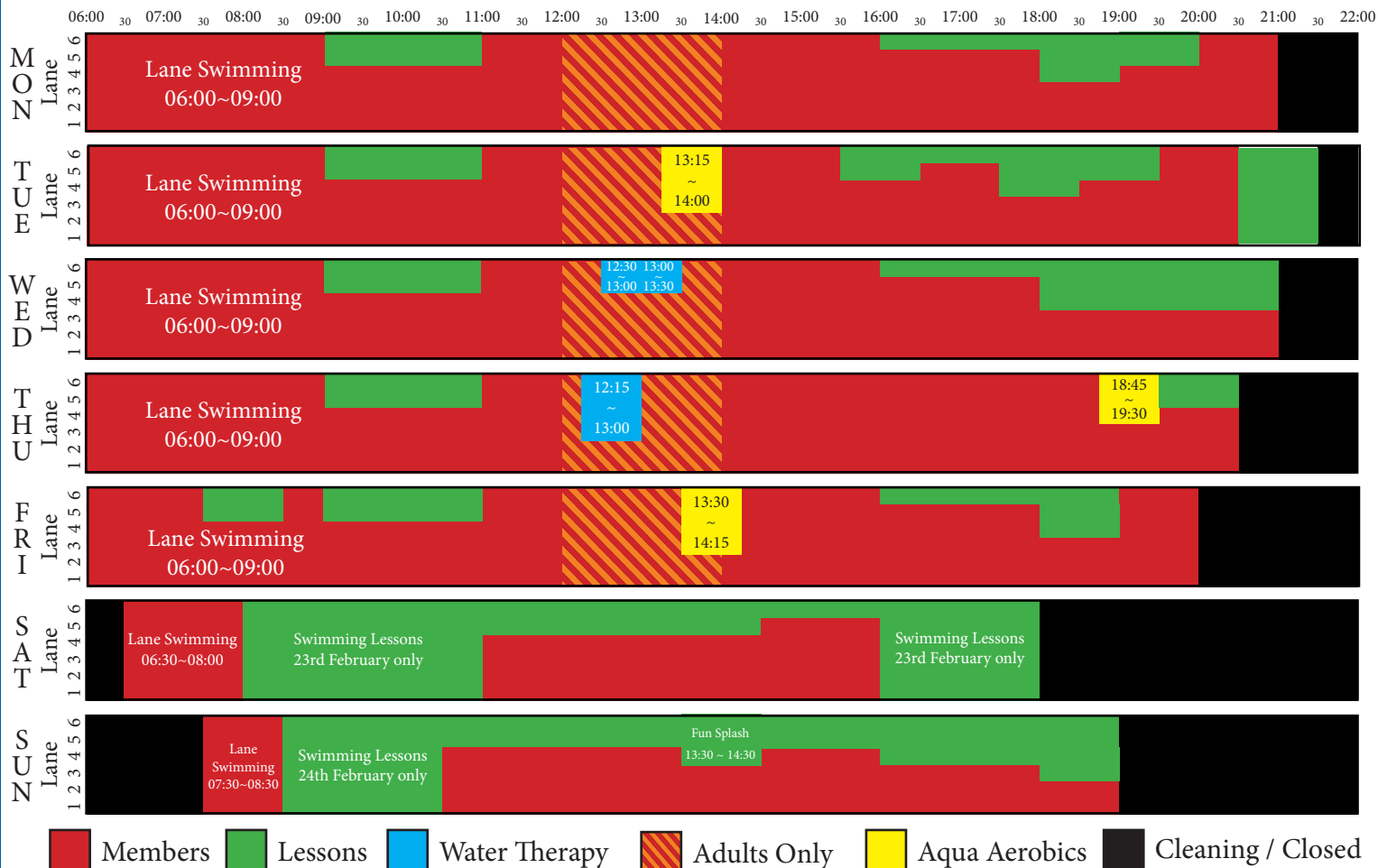
Intense Fitness

Shape & Core

Strength & Conditioning



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



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The Sandwich & Coffee Bar

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

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 to book.

Fitness Suite

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

