

# 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









# OPENING TIMES

Summer 2019



**Tuesday 23rd April -  
Friday 5th July**

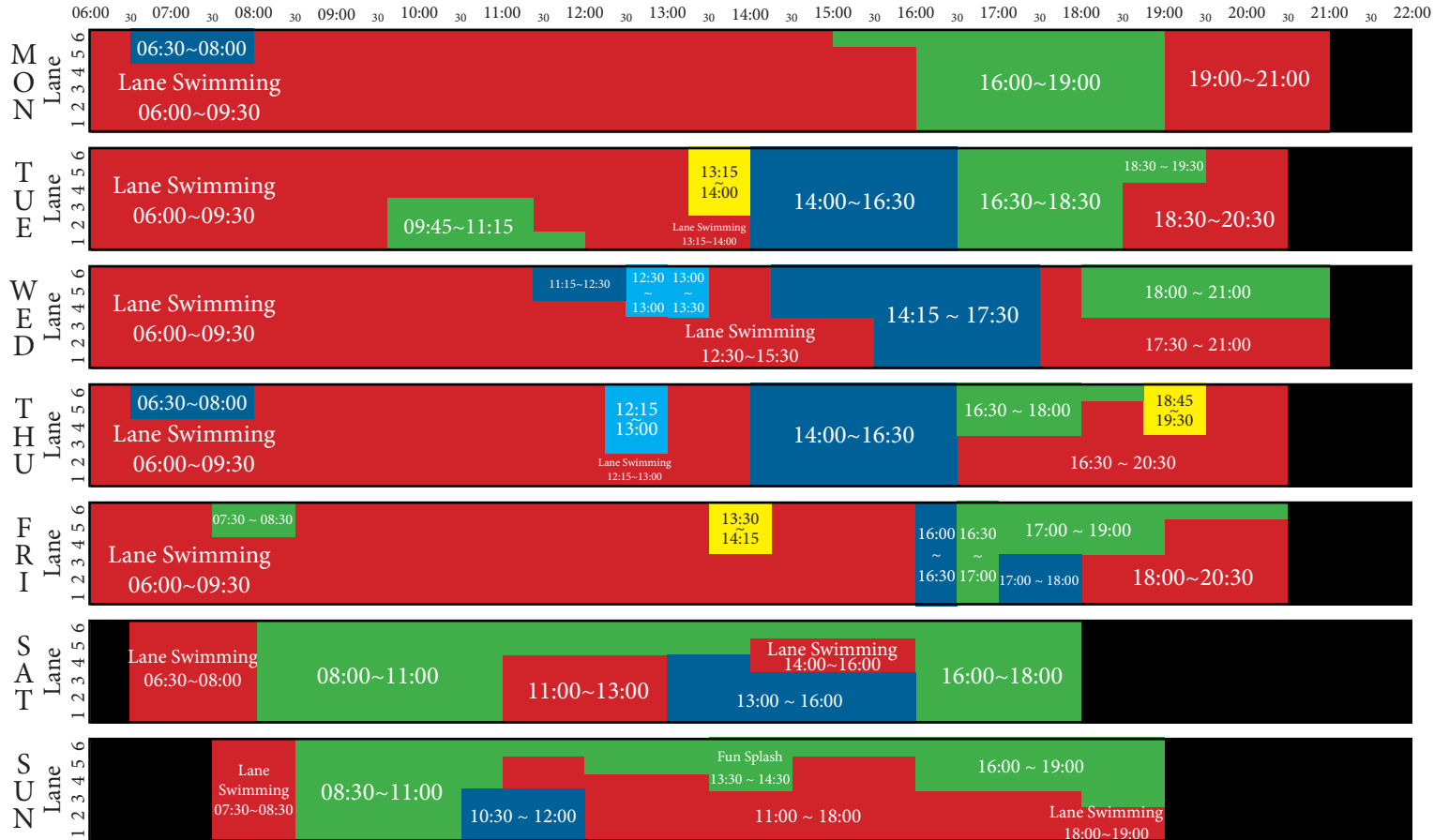
**Excluding 25th May - 2nd June  
Centre Closed on Monday 6th May**

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Canterbury, Kent, CT2 7HU  
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[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



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

*Please read our members email for possible timetable amendments.*

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

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Body & Mind

Exercise Referral

Intense Fitness

Shape & Core

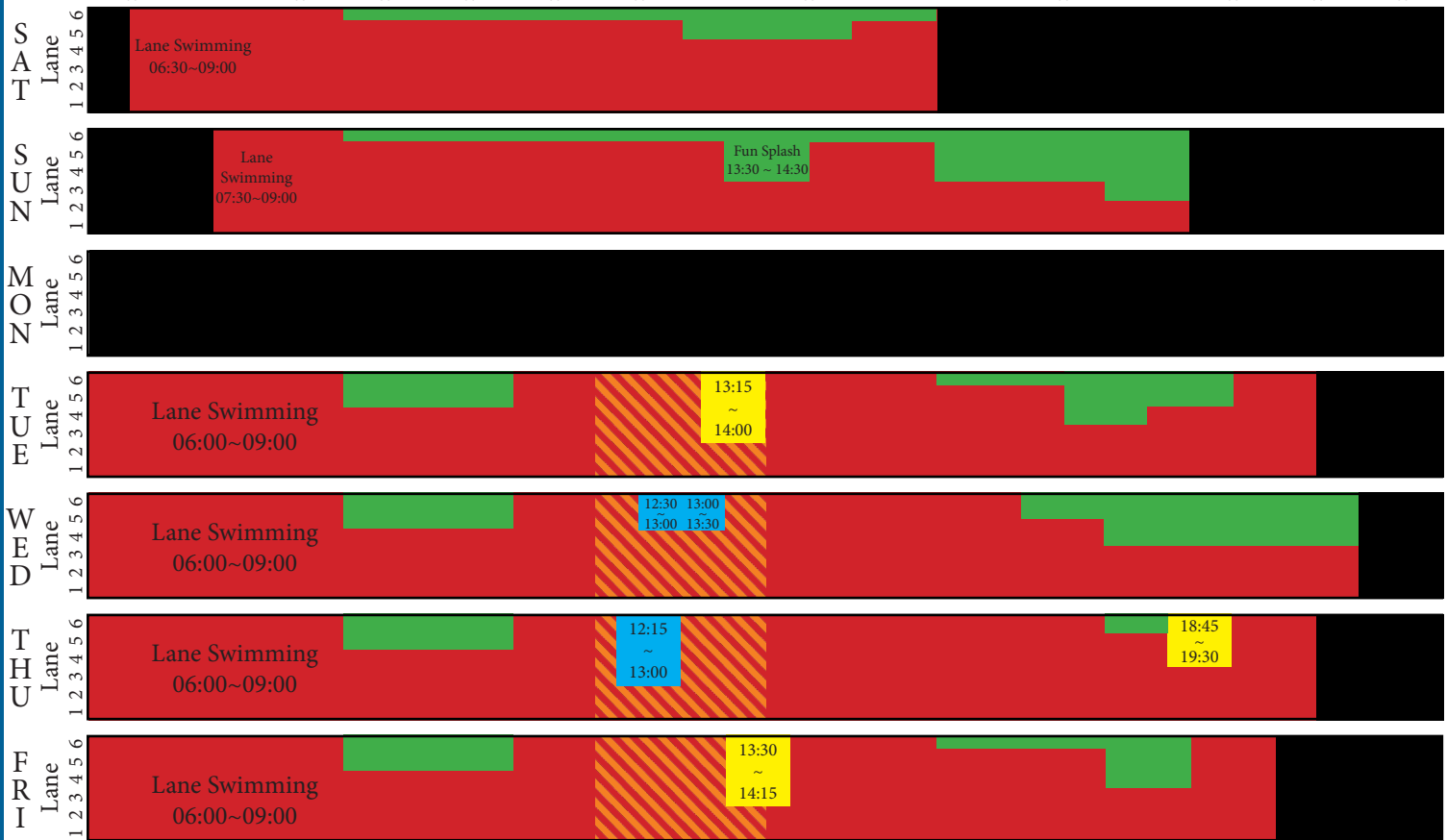
Strength & Conditioning





# MAY HALF TERM SWIMMING POOL OPENING TIMES - Saturday 25th May - Sunday 2nd June 2019

06:00 30 07:00 30 08:00 30 09:00 30 10:00 30 11:00 30 12:00 30 13:00 30 14:00 30 15:00 30 16:00 30 17:00 30 18:00 30 19:00 30 20:00 30 21:00 30 22:00



Members
  Lessons
  Water Therapy
  Adults Only
  Aqua Aerobics
  Cleaning / Closed

## MAY HALF TERM OPENING TIMES - Saturday 25th May - Sunday 2nd June 2019

### Sandwich & Coffee Bar

The Sandwich & Coffee Bar will be closed during May half term.

Swimming Crash Courses available during May half term with emphasis on Breaststroke and Front Crawl 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.

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

### Fitness Suite

<b>Saturday</b>	06:30-16:00
<b>Sunday</b>	07:30-19:00
<b>Monday</b>	CLOSED
<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

