

OPENING TIMES

Summer 2019



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

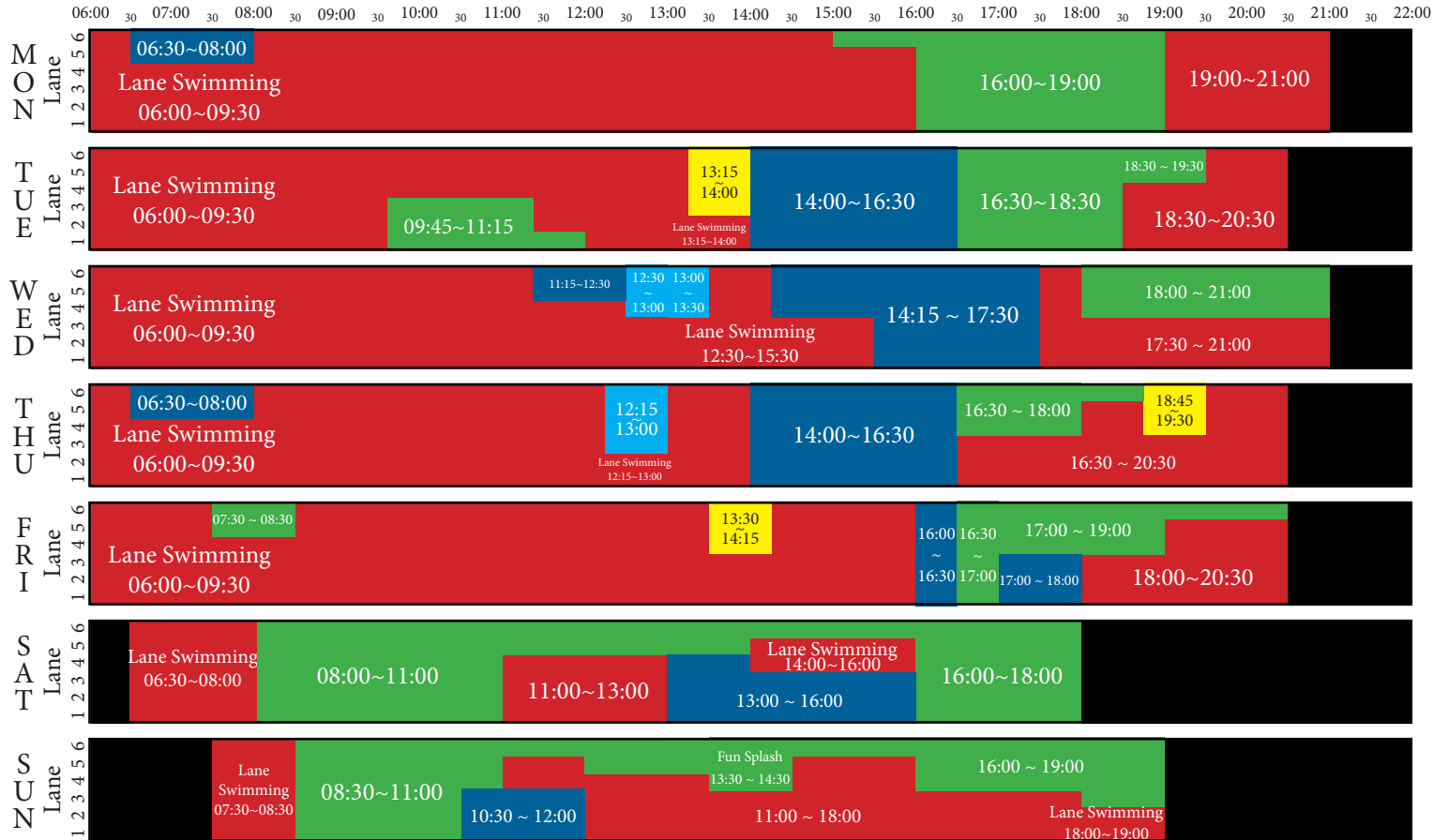
**Excluding 25th May - 2nd June
Centre Closed on Monday 6th May**

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Canterbury, Kent, CT2 7HU
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



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

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
- 19:15-20:15 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
- 10:00-11:00 Yoga
- 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

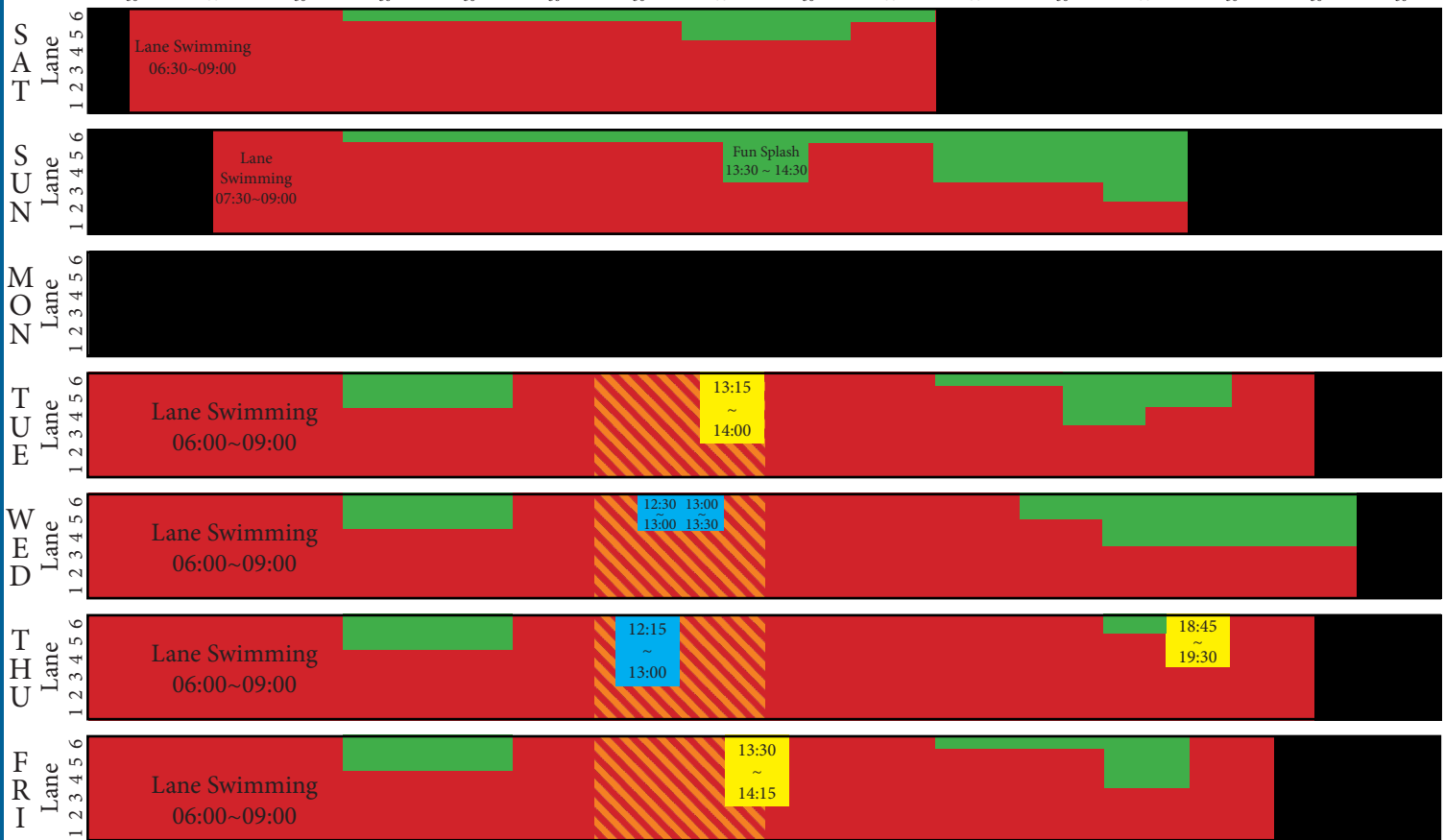
Shape & Core

Strength & Conditioning



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 to book.

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

Fitness Suite

Saturday	06:30-16:00
Sunday	07:30-19:00
Monday	CLOSED
Tuesday	06:00-21:00
Wednesday	06:00-10:00 11:00-21:00
Thursday	06:00-21:00
Friday	06:00-20:00



