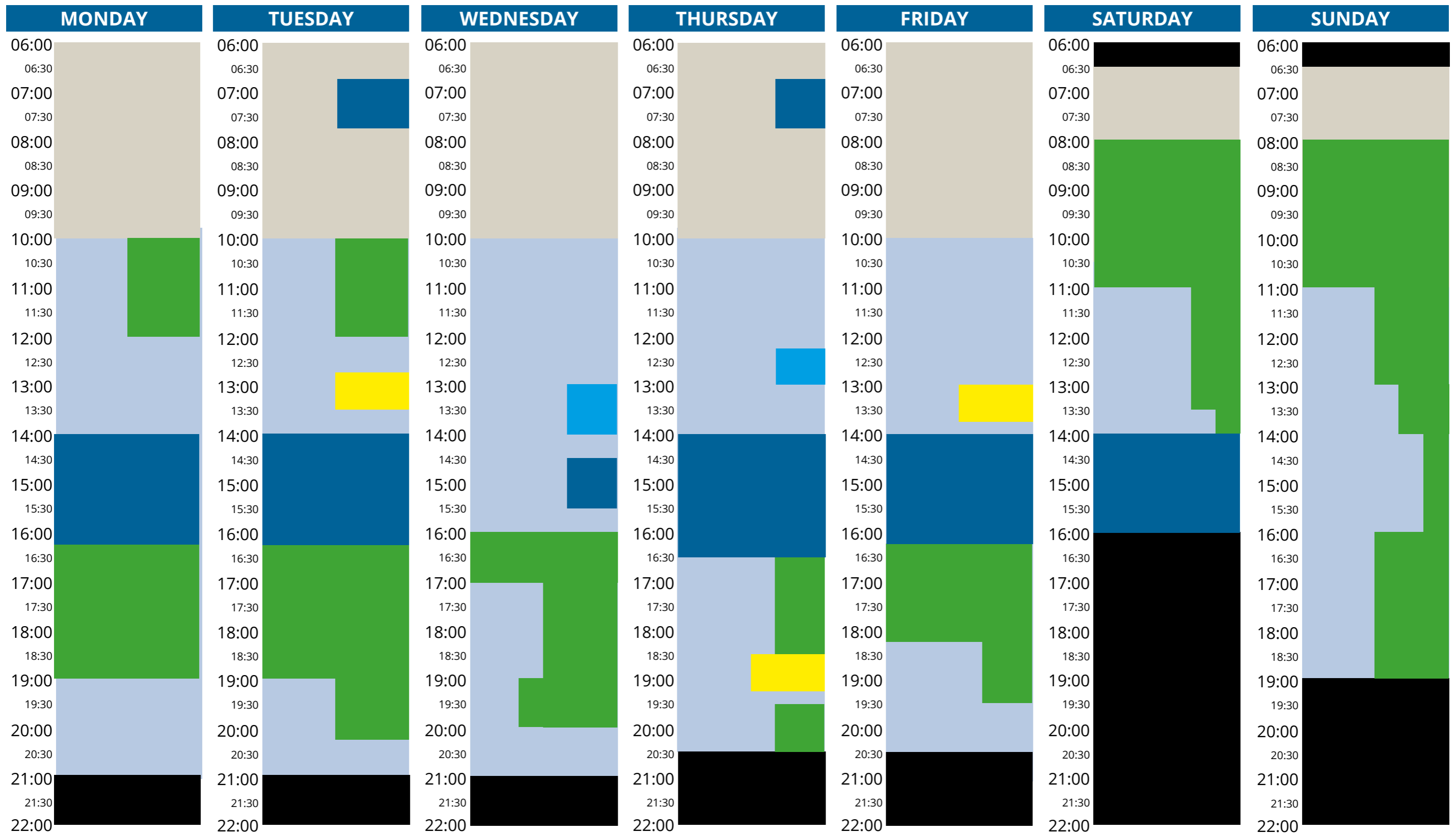


# CENTRE TIMETABLE SWIMMING POOL



# MONDAY 25th NOVEMBER - SUNDAY 1st DECEMBER 2024



MEMBER'S LANE SWIMMING	MEMBER'S GENERAL SWIMMING	ADULTS ONLY	CLOSED
KING'S SCHOOL	SWIMMING LESSONS	WATER THERAPY	AQUA AEROBICS

**The King's School Sports Centre**  
 1 St Stephens Road, Canterbury, Kent, CT2 7HU  
 Tel: 01227 595602 | 01227 595618  
 Website: [www.kingsschoolsportscentre.co.uk](http://www.kingsschoolsportscentre.co.uk)  
 Email: [info@kingsschoolsportscentre.co.uk](mailto:info@kingsschoolsportscentre.co.uk)

# CENTRE TIMETABLE FITNESS CLASSES



# MONDAY 25th NOVEMBER - SUNDAY 1st DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30	06:30	06:30	06:30
07:00	07:00	07:00	07:00	07:00	07:00	07:00
07:30	07:30	07:30	07:30	07:30	07:30	07:30
08:00	08:00	08:00	08:00	08:00	08:00	08:00
08:30	08:30	08:30	08:30	08:30	08:30	08:30
09:00	09:00	09:00	09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:00	13:00	13:00	13:00	13:00	13:00	13:00
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:00	14:00	14:00	14:00	14:00	14:00	14:00
14:30	14:30	14:30	14:30	14:30	14:30	14:30
15:00	15:00	15:00	15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00	16:00
16:30	16:30	16:30	16:30	16:30	16:30	16:30
17:00	17:00	17:00	17:00	17:00	17:00	17:00
17:30	17:30	17:30	17:30	17:30	17:30	17:30
18:00	18:00	18:00	18:00	18:00	18:00	18:00
18:30	18:30	18:30	18:30	18:30	18:30	18:30
19:00	19:00	19:00	19:00	19:00	19:00	19:00
19:30	19:30	19:30	19:30	19:30	19:30	19:30
20:00	20:00	20:00	20:00	20:00	20:00	20:00
20:30	20:30	20:30	20:30	20:30	20:30	20:30
21:00	21:00	21:00	21:00	21:00	21:00	21:00
21:30	21:30	21:30	21:30	21:30	21:30	21:30
22:00	22:00	22:00	22:00	22:00	22:00	22:00

BODY & MIND	SHAPE & CORE	STRENGTH & CONDITIONING	THE GYM AREA IS OPEN ALL DAY TO MEMBERS
INTENSE FITNESS	EXERCISE REFERRAL	GENTLE EXERCISE	KING'S SCHOOL

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# CENTRE TIMETABLE FITNESS CLASSES



# MONDAY 2nd DECEMBER - SUNDAY 8th DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30	06:30	06:30	06:30
07:00	07:00	07:00	07:00	07:00	07:00	07:00
07:30	07:30	07:30	07:30	07:30	07:30	07:30
08:00	08:00	08:00	08:00	08:00	08:00	08:00
08:30	08:30	08:30	08:30	08:30	08:30	08:30
09:00	09:00	09:00	09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:00	13:00	13:00	13:00	13:00	13:00	13:00
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:00	14:00	14:00	14:00	14:00	14:00	14:00
14:30	14:30	14:30	14:30	14:30	14:30	14:30
15:00	15:00	15:00	15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00	16:00
16:30	16:30	16:30	16:30	16:30	16:30	16:30
17:00	17:00	17:00	17:00	17:00	17:00	17:00
17:30	17:30	17:30	17:30	17:30	17:30	17:30
18:00	18:00	18:00	18:00	18:00	18:00	18:00
18:30	18:30	18:30	18:30	18:30	18:30	18:30
19:00	19:00	19:00	19:00	19:00	19:00	19:00
19:30	19:30	19:30	19:30	19:30	19:30	19:30
20:00	20:00	20:00	20:00	20:00	20:00	20:00
20:30	20:30	20:30	20:30	20:30	20:30	20:30
21:00	21:00	21:00	21:00	21:00	21:00	21:00
21:30	21:30	21:30	21:30	21:30	21:30	21:30
22:00	22:00	22:00	22:00	22:00	22:00	22:00

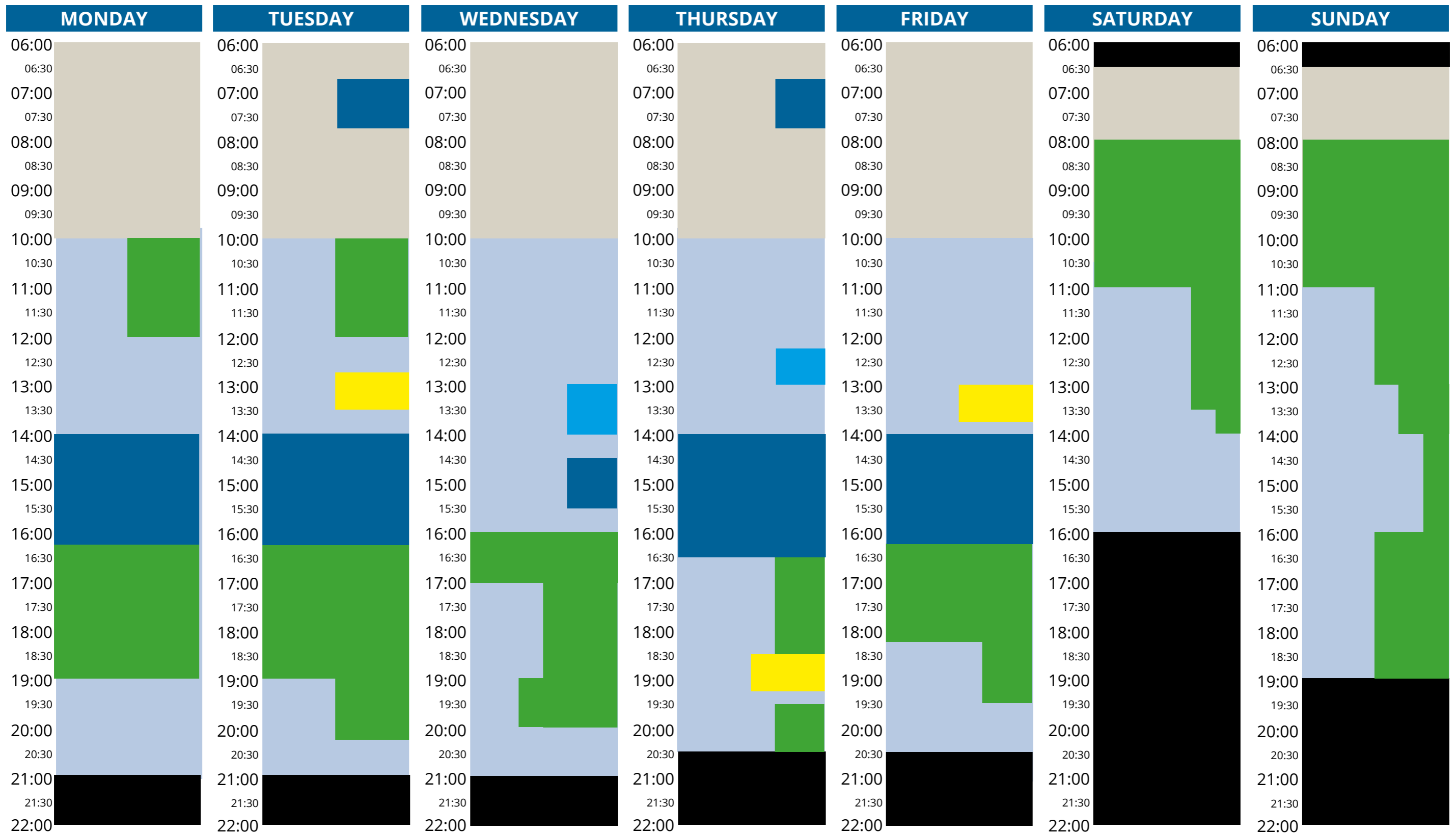
BODY & MIND	SHAPE & CORE	STRENGTH & CONDITIONING	THE GYM AREA IS OPEN ALL DAY TO MEMBERS
INTENSE FITNESS	EXERCISE REFERRAL	GENTLE EXERCISE	KING'S SCHOOL

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# CENTRE TIMETABLE SWIMMING POOL



# MONDAY 9th DECEMBER - SUNDAY 15th DECEMBER 2024



MEMBER'S LANE SWIMMING	MEMBER'S GENERAL SWIMMING	ADULTS ONLY	CLOSED
KING'S SCHOOL	SWIMMING LESSONS	WATER THERAPY	AQUA AEROBICS

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# CENTRE TIMETABLE FITNESS CLASSES



# MONDAY 9th DECEMBER - SUNDAY 15th DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30	06:30	06:30	06:30
07:00	07:00	07:00	07:00	07:00	07:00	07:00
07:30	07:30	07:30	07:30	07:30	07:30	07:30
08:00	08:00	08:00	08:00	08:00	08:00	08:00
08:30	08:30	08:30	08:30	08:30	08:30	08:30
09:00	09:00	09:00	09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:00	13:00	13:00	13:00	13:00	13:00	13:00
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:00	14:00	14:00	14:00	14:00	14:00	14:00
14:30	14:30	14:30	14:30	14:30	14:30	14:30
15:00	15:00	15:00	15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00	16:00
16:30	16:30	16:30	16:30	16:30	16:30	16:30
17:00	17:00	17:00	17:00	17:00	17:00	17:00
17:30	17:30	17:30	17:30	17:30	17:30	17:30
18:00	18:00	18:00	18:00	18:00	18:00	18:00
18:30	18:30	18:30	18:30	18:30	18:30	18:30
19:00	19:00	19:00	19:00	19:00	19:00	19:00
19:30	19:30	19:30	19:30	19:30	19:30	19:30
20:00	20:00	20:00	20:00	20:00	20:00	20:00
20:30	20:30	20:30	20:30	20:30	20:30	20:30
21:00	21:00	21:00	21:00	21:00	21:00	21:00
21:30	21:30	21:30	21:30	21:30	21:30	21:30
22:00	22:00	22:00	22:00	22:00	22:00	22:00

BODY & MIND	SHAPE & CORE	STRENGTH & CONDITIONING	THE GYM AREA IS OPEN ALL DAY TO MEMBERS
INTENSE FITNESS	EXERCISE REFERRAL	GENTLE EXERCISE	KING'S SCHOOL

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# CENTRE TIMETABLE SWIMMING POOL



# MONDAY 16th DECEMBER - SUNDAY 22nd DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30	06:30	06:30	06:30
07:00	07:00	07:00	07:00	07:00	07:00	07:00
07:30	07:30	07:30	07:30	07:30	07:30	07:30
08:00	08:00	08:00	08:00	08:00	08:00	08:00
08:30	08:30	08:30	08:30	08:30	08:30	08:30
09:00	09:00	09:00	09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:00	13:00	13:00	13:00	13:00	13:00	13:00
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:00	14:00	14:00	14:00	14:00	14:00	14:00
14:30	14:30	14:30	14:30	14:30	14:30	14:30
15:00	15:00	15:00	15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00	16:00
16:30	16:30	16:30	16:30	16:30	16:30	16:30
17:00	17:00	17:00	17:00	17:00	17:00	17:00
17:30	17:30	17:30	17:30	17:30	17:30	17:30
18:00	18:00	18:00	18:00	18:00	18:00	18:00
18:30	18:30	18:30	18:30	18:30	18:30	18:30
19:00	19:00	19:00	19:00	19:00	19:00	19:00
19:30	19:30	19:30	19:30	19:30	19:30	19:30
20:00	20:00	20:00	20:00	20:00	20:00	20:00
20:30	20:30	20:30	20:30	20:30	20:30	20:30
21:00	21:00	21:00	21:00	21:00	21:00	21:00
21:30	21:30	21:30	21:30	21:30	21:30	21:30
22:00	22:00	22:00	22:00	22:00	22:00	22:00
MEMBER'S LANE SWIMMING	MEMBER'S GENERAL SWIMMING	ADULTS ONLY	CLOSED	<b>The King's School Sports Centre</b> 1 St Stephens Road, Canterbury, Kent, CT2 7HU Tel: 01227 595602   01227 595618 Website: <a href="http://www.kingsschoolsportscentre.co.uk">www.kingsschoolsportscentre.co.uk</a> Email: <a href="mailto:info@kingsschoolsportscentre.co.uk">info@kingsschoolsportscentre.co.uk</a>		
KING'S SCHOOL	SWIMMING LESSONS	WATER THERAPY	AQUA AEROBICS			

# CENTRE TIMETABLE FITNESS CLASSES



# MONDAY 16th DECEMBER- SUNDAY 22nd DECEMBER 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30	06:30	06:30	06:30
07:00	07:00	07:00	07:00	07:00	07:00	07:00
07:30	07:30	07:30	07:30	07:30	07:30	07:30
08:00	08:00	08:00	08:00	08:00	08:00	08:00
08:30	08:30	08:30	08:30	08:30	08:30	08:30
09:00	09:00	09:00	09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:00	13:00	13:00	13:00	13:00	13:00	13:00
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:00	14:00	14:00	14:00	14:00	14:00	14:00
14:30	14:30	14:30	14:30	14:30	14:30	14:30
15:00	15:00	15:00	15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00	16:00
16:30	16:30	16:30	16:30	16:30	16:30	16:30
17:00	17:00	17:00	17:00	17:00	17:00	17:00
17:30	17:30	17:30	17:30	17:30	17:30	17:30
18:00	18:00	18:00	18:00	18:00	18:00	18:00
18:30	18:30	18:30	18:30	18:30	18:30	18:30
19:00	19:00	19:00	19:00	19:00	19:00	19:00
19:30	19:30	19:30	19:30	19:30	19:30	19:30
20:00	20:00	20:00	20:00	20:00	20:00	20:00
20:30	20:30	20:30	20:30	20:30	20:30	20:30
21:00	21:00	21:00	21:00	21:00	21:00	21:00
21:30	21:30	21:30	21:30	21:30	21:30	21:30
22:00	22:00	22:00	22:00	22:00	22:00	22:00

BODY & MIND

SHAPE & CORE

STRENGTH & CONDITIONING

THE GYM AREA IS OPEN ALL DAY TO MEMBERS

INTENSE FITNESS

EXERCISE REFERRAL

GENTLE EXERCISE

KING'S SCHOOL

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# CENTRE TIMETABLE SWIMMING POOL



# MONDAY 23rd DECEMBER - SUNDAY 29th DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30	06:30	06:30	06:30
07:00	07:00	07:00	07:00	07:00	07:00	07:00
07:30	07:30	07:30	07:30	07:30	07:30	07:30
08:00	08:00	08:00	08:00	08:00	08:00	08:00
08:30	08:30	08:30	08:30	08:30	08:30	08:30
09:00	09:00	09:00	09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:00	13:00	13:00	13:00	13:00	13:00	13:00
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:00	14:00	14:00	14:00	14:00	14:00	14:00
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15:00	15:00	15:00	15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00	16:00
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17:00	17:00	17:00	17:00	17:00	17:00	17:00
17:30	17:30	17:30	17:30	17:30	17:30	17:30
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18:30	18:30	18:30	18:30	18:30	18:30	18:30
19:00	19:00	19:00	19:00	19:00	19:00	19:00
19:30	19:30	19:30	19:30	19:30	19:30	19:30
20:00	20:00	20:00	20:00	20:00	20:00	20:00
20:30	20:30	20:30	20:30	20:30	20:30	20:30
21:00	21:00	21:00	21:00	21:00	21:00	21:00
21:30	21:30	21:30	21:30	21:30	21:30	21:30
22:00	22:00	22:00	22:00	22:00	22:00	22:00

MEMBER'S LANE SWIMMING	MEMBER'S GENERAL SWIMMING	ADULTS ONLY	CLOSED	<p><b>The King's School Sports Centre</b>                  1 St Stephens Road, Canterbury, Kent, CT2 7HU                  Tel: 01227 595602   01227 595618                  Website: <a href="http://www.kingsschoolsportscentre.co.uk">www.kingsschoolsportscentre.co.uk</a>                  Email: <a href="mailto:info@kingsschoolsportscentre.co.uk">info@kingsschoolsportscentre.co.uk</a></p>		
KING'S SCHOOL	SWIMMING LESSONS	WATER THERAPY	AQUA AEROBICS			

# CENTRE TIMETABLE FITNESS CLASSES



# MONDAY 23rd DECEMBER - SUNDAY 29th DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30	06:30	06:30	06:30
07:00	07:00	07:00	07:00	07:00	07:00	07:00
07:30	07:30	07:30	07:30	07:30	07:30	07:30
08:00	08:00	08:00	08:00	08:00	08:00	08:00
08:30	08:30	08:30	08:30	08:30	08:30	08:30
09:00	09:00	09:00	09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:00	13:00	13:00	13:00	13:00	13:00	13:00
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:00	14:00	14:00	14:00	14:00	14:00	14:00
14:30	14:30	14:30	14:30	14:30	14:30	14:30
15:00	15:00	15:00	15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00	16:00
16:30	16:30	16:30	16:30	16:30	16:30	16:30
17:00	17:00	17:00	17:00	17:00	17:00	17:00
17:30	17:30	17:30	17:30	17:30	17:30	17:30
18:00	18:00	18:00	18:00	18:00	18:00	18:00
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21:00	21:00	21:00	21:00	21:00	21:00	21:00
21:30	21:30	21:30	21:30	21:30	21:30	21:30
22:00	22:00	22:00	22:00	22:00	22:00	22:00

BODY & MIND	SHAPE & CORE	STRENGTH & CONDITIONING	THE GYM AREA IS OPEN ALL DAY TO MEMBERS
INTENSE FITNESS	EXERCISE REFERRAL	GENTLE EXERCISE	KING'S SCHOOL

**The King's School Sports Centre**  
 1 St Stephens Road, Canterbury, Kent, CT2 7HU  
 Tel: 01227 595602 | 01227 595618  
 Website: [www.kingsschoolsportscentre.co.uk](http://www.kingsschoolsportscentre.co.uk)  
 Email: [info@kingsschoolsportscentre.co.uk](mailto:info@kingsschoolsportscentre.co.uk)

# CENTRE TIMETABLE SWIMMING POOL



# MONDAY 30th DECEMBER - SUNDAY 5th JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30	06:30	06:30	06:30
07:00	07:00	07:00	07:00	07:00	07:00	07:00
07:30	07:30	07:30	07:30	07:30	07:30	07:30
08:00	08:00	08:00	08:00	08:00	08:00	08:00
08:30	08:30	08:30	08:30	08:30	08:30	08:30
09:00	09:00	09:00	09:00	09:00	09:00	09:00
09:30	09:30	09:30	09:30	09:30	09:30	09:30
10:00	10:00	10:00	10:00	10:00	10:00	10:00
10:30	10:30	10:30	10:30	10:30	10:30	10:30
11:00	11:00	11:00	11:00	11:00	11:00	11:00
11:30	11:30	11:30	11:30	11:30	11:30	11:30
12:00	12:00	12:00	12:00	12:00	12:00	12:00
12:30	12:30	12:30	12:30	12:30	12:30	12:30
13:00	13:00	13:00	13:00	13:00	13:00	13:00
13:30	13:30	13:30	13:30	13:30	13:30	13:30
14:00	14:00	14:00	14:00	14:00	14:00	14:00
14:30	14:30	14:30	14:30	14:30	14:30	14:30
15:00	15:00	15:00	15:00	15:00	15:00	15:00
15:30	15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00	16:00
16:30	16:30	16:30	16:30	16:30	16:30	16:30
17:00	17:00	17:00	17:00	17:00	17:00	17:00
17:30	17:30	17:30	17:30	17:30	17:30	17:30
18:00	18:00	18:00	18:00	18:00	18:00	18:00
18:30	18:30	18:30	18:30	18:30	18:30	18:30
19:00	19:00	19:00	19:00	19:00	19:00	19:00
19:30	19:30	19:30	19:30	19:30	19:30	19:30
20:00	20:00	20:00	20:00	20:00	20:00	20:00
20:30	20:30	20:30	20:30	20:30	20:30	20:30
21:00	21:00	21:00	21:00	21:00	21:00	21:00
21:30	21:30	21:30	21:30	21:30	21:30	21:30
22:00	22:00	22:00	22:00	22:00	22:00	22:00

MEMBER'S LANE SWIMMING	MEMBER'S GENERAL SWIMMING	ADULTS ONLY	CLOSED	<p><b>The King's School Sports Centre</b>                  1 St Stephens Road, Canterbury, Kent, CT2 7HU                  Tel: 01227 595602   01227 595618                  Website: <a href="http://www.kingsschoolsportscentre.co.uk">www.kingsschoolsportscentre.co.uk</a>                  Email: <a href="mailto:info@kingsschoolsportscentre.co.uk">info@kingsschoolsportscentre.co.uk</a></p>		
KING'S SCHOOL	SWIMMING LESSONS	WATER THERAPY	AQUA AEROBICS			

# CENTRE TIMETABLE FITNESS CLASSES



# MONDAY 30th DECEMBER - SUNDAY 5th JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00		06:00	06:00	06:00	06:00	06:00
06:30		06:30	06:30	06:30		06:30
07:00		07:00	07:00	07:00	07:00	07:00
07:30		07:30	07:30	07:30	07:30	07:30
08:00		08:00	08:00	08:00	08:00	08:00
08:30		08:30	08:30	08:30	08:30	08:30
09:00		09:00	09:00	09:00	09:00	09:00
09:30		09:30	09:30	09:30	09:30	09:30
10:00		10:00	10:00	10:00	10:00	10:00
10:30		10:30	10:30	10:30	10:30	10:30
11:00		11:00	11:00	11:00	11:00	11:00
11:30		11:30	11:30	11:30	11:30	11:30
12:00		12:00	12:00	12:00	12:00	12:00
12:30		12:30	12:30	12:30	12:30	12:30
13:00		13:00	13:00	13:00	13:00	13:00
13:30		13:30	13:30	13:30	13:30	13:30
14:00		14:00	14:00	14:00	14:00	14:00
14:30		14:30	14:30	14:30	14:30	14:30
15:00		15:00	15:00	15:00	15:00	15:00
15:30		15:30	15:30	15:30	15:30	15:30
16:00		16:00	16:00	16:00	16:00	16:00
16:30		16:30	16:30	16:30	16:30	16:30
17:00		17:00	17:00	17:00	17:00	17:00
17:30		17:30	17:30	17:30	17:30	17:30
18:00		18:00	18:00	18:00	18:00	18:00
18:30		18:30	18:30	18:30	18:30	18:30
19:00		19:00	19:00	19:00	19:00	19:00
19:30		19:30	19:30	19:30	19:30	19:30
20:00		20:00	20:00	20:00	20:00	20:00
20:30		20:30	20:30	20:30	20:30	20:30
21:00		21:00	21:00	21:00	21:00	21:00
21:30		21:30	21:30	21:30	21:30	21:30
22:00		22:00	22:00	22:00	22:00	22:00

BODY & MIND	SHAPE & CORE	STRENGTH & CONDITIONING	THE GYM AREA IS OPEN ALL DAY TO MEMBERS	<b>The King's School Sports Centre</b> 1 St Stephens Road, Canterbury, Kent, CT2 7HU Tel: 01227 595602   01227 595618 Website: <a href="http://www.kingsschoolsportscentre.co.uk">www.kingsschoolsportscentre.co.uk</a> Email: <a href="mailto:info@kingsschoolsportscentre.co.uk">info@kingsschoolsportscentre.co.uk</a>		
INTENSE FITNESS	EXERCISE REFERRAL	GENTLE EXERCISE	KING'S SCHOOL			