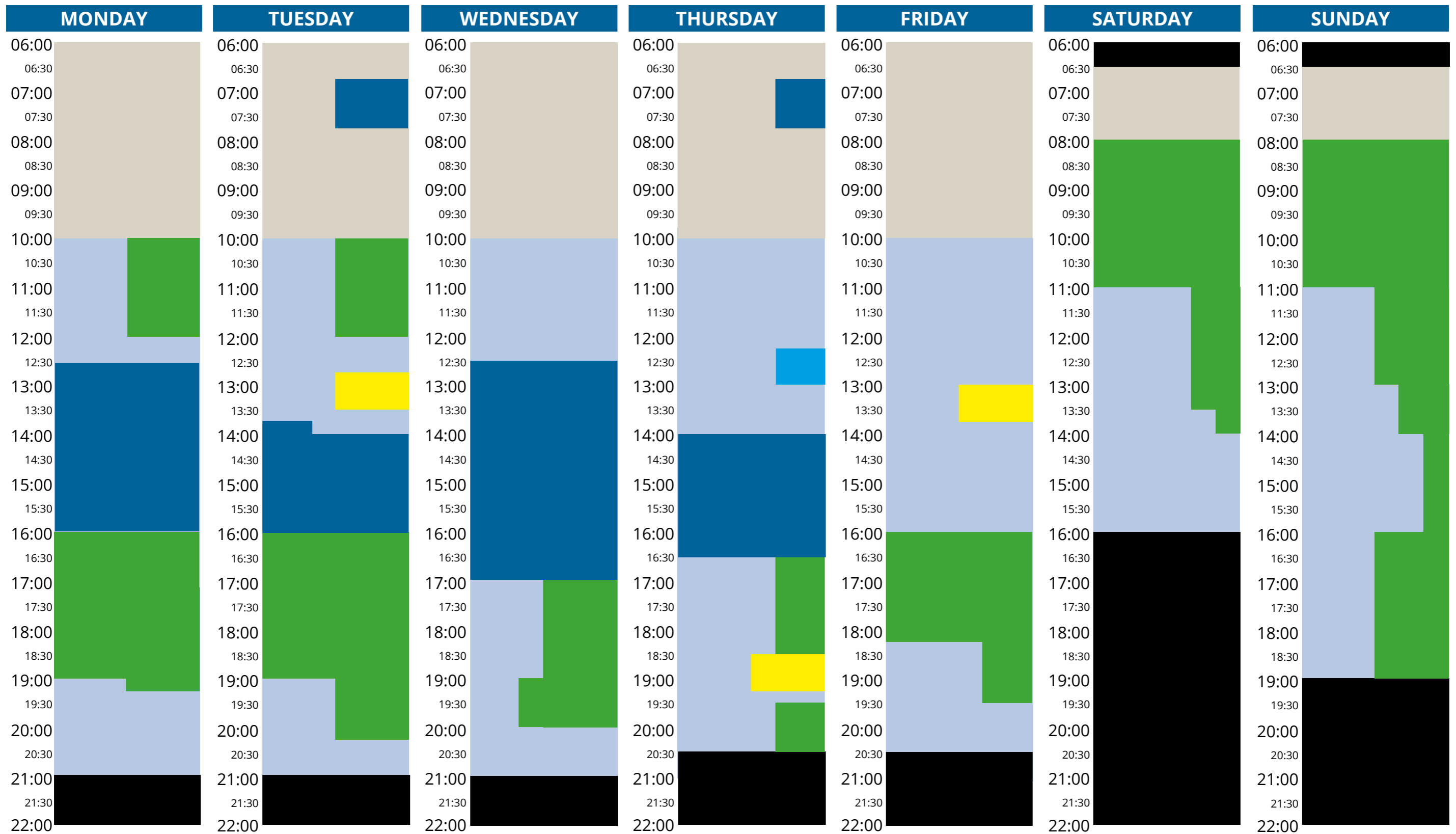


CENTRE TIMETABLE SWIMMING POOL



MONDAY 24th MARCH - SUNDAY 30th MARCH 2025



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
 Email: info@kingsschoolsportscentre.co.uk

CENTRE TIMETABLE FITNESS CLASSES



MONDAY 24th MARCH - SUNDAY 30th MARCH 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
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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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
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22:00	22:00	22:00	22:00	22:00	22:00	22:00

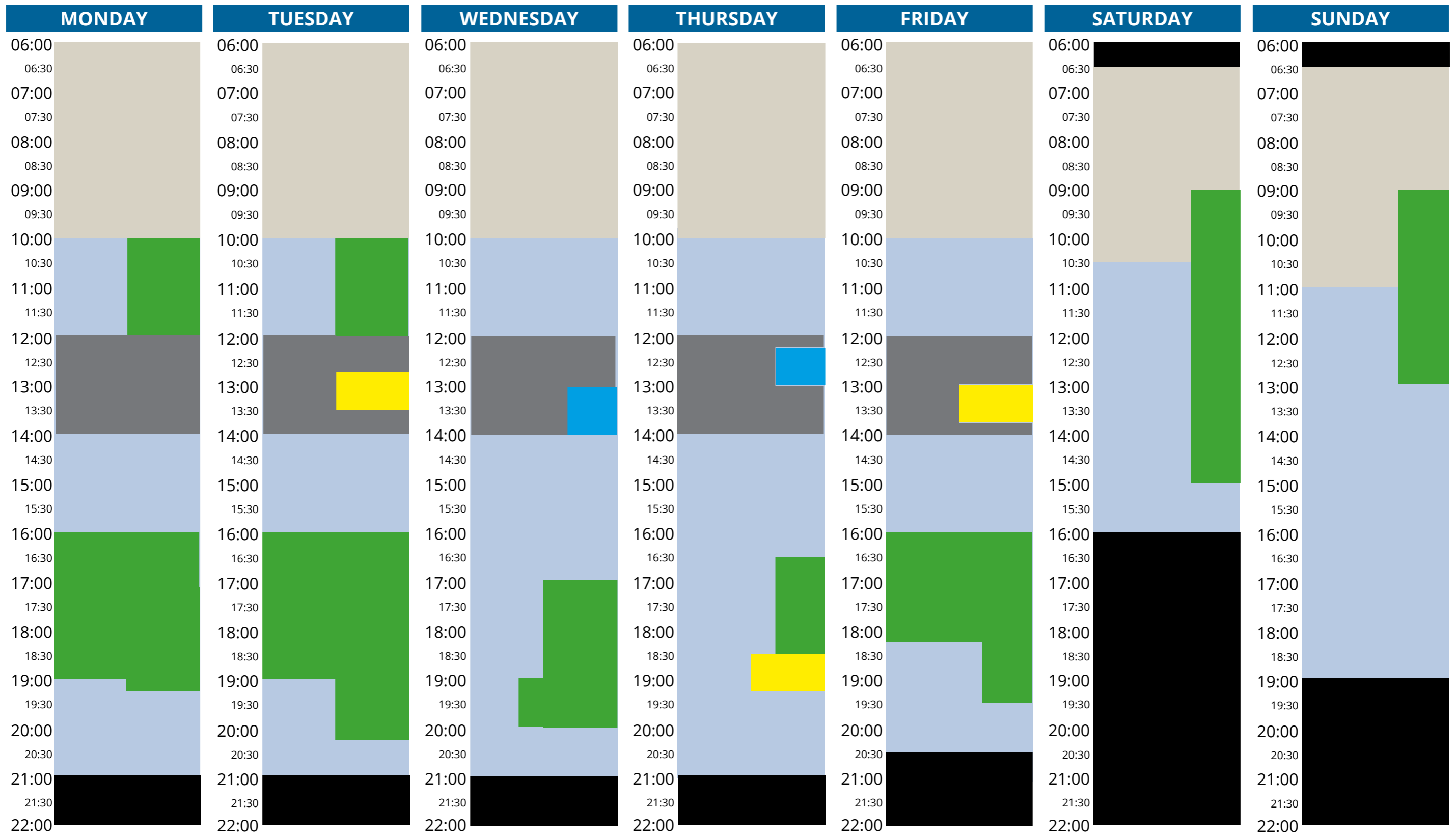
BODY & MIND	SHAPE & CORE	STRENGTH & CONDITIONING	THE GYM AREA IS OPEN ALL DAY TO MEMBERS
INTENSE FITNESS	EXERCISE REFERRAL	GENTLE EXERCISE	KING'S SCHOOL

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CENTRE TIMETABLE SWIMMING POOL



MONDAY 31st MARCH - SUNDAY 6th April 2025



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 31st MARCH - SUNDAY 6th APRIL 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
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10:00	10:00	10:00	10:00	10:00	10:00	10:00
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12:00	12:00	12:00	12:00	12:00	12:00	12:00
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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
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17:00	17:00	17:00	17:00	17:00	17:00	17:00
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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

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CENTRE TIMETABLE SWIMMING POOL



MONDAY 7th April - SUNDAY 13th April 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
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10:00	10:00	10:00	10:00	10:00	10:00	10:00
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13:00	13:00	13:00	13:00	13:00	13:00	13:00
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15:00	15:00	15:00	15:00	15:00	15:00	15:00
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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
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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
KING'S SCHOOL	SWIMMING LESSONS	WATER THERAPY	AQUA AEROBICS

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CENTRE TIMETABLE FITNESS CLASSES



MONDAY 7th APRIL - SUNDAY 13th APRIL 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
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13:00	13:00	13:00	13:00	13:00	13:00	13:00
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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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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 14th April - SUNDAY 20th April 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
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13:00	13:00	13:00	13:00	13:00	13:00	13:00
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14:00	14:00	14:00	14:00	14:00	14:00	14:00
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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
KING'S SCHOOL	SWIMMING LESSONS	WATER THERAPY	AQUA AEROBICS

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CENTRE TIMETABLE FITNESS CLASSES



MONDAY 14th APRIL - SUNDAY 20th APRIL 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
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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

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CENTRE TIMETABLE SWIMMING POOL



MONDAY 21st APRIL - SUNDAY 27th APRIL 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
06:30							
07:00							
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20:30							
21:00							
21:30							
22:00							

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

CENTRE TIMETABLE FITNESS CLASSES



MONDAY 21st APRIL - SUNDAY 27th APRIL 2025

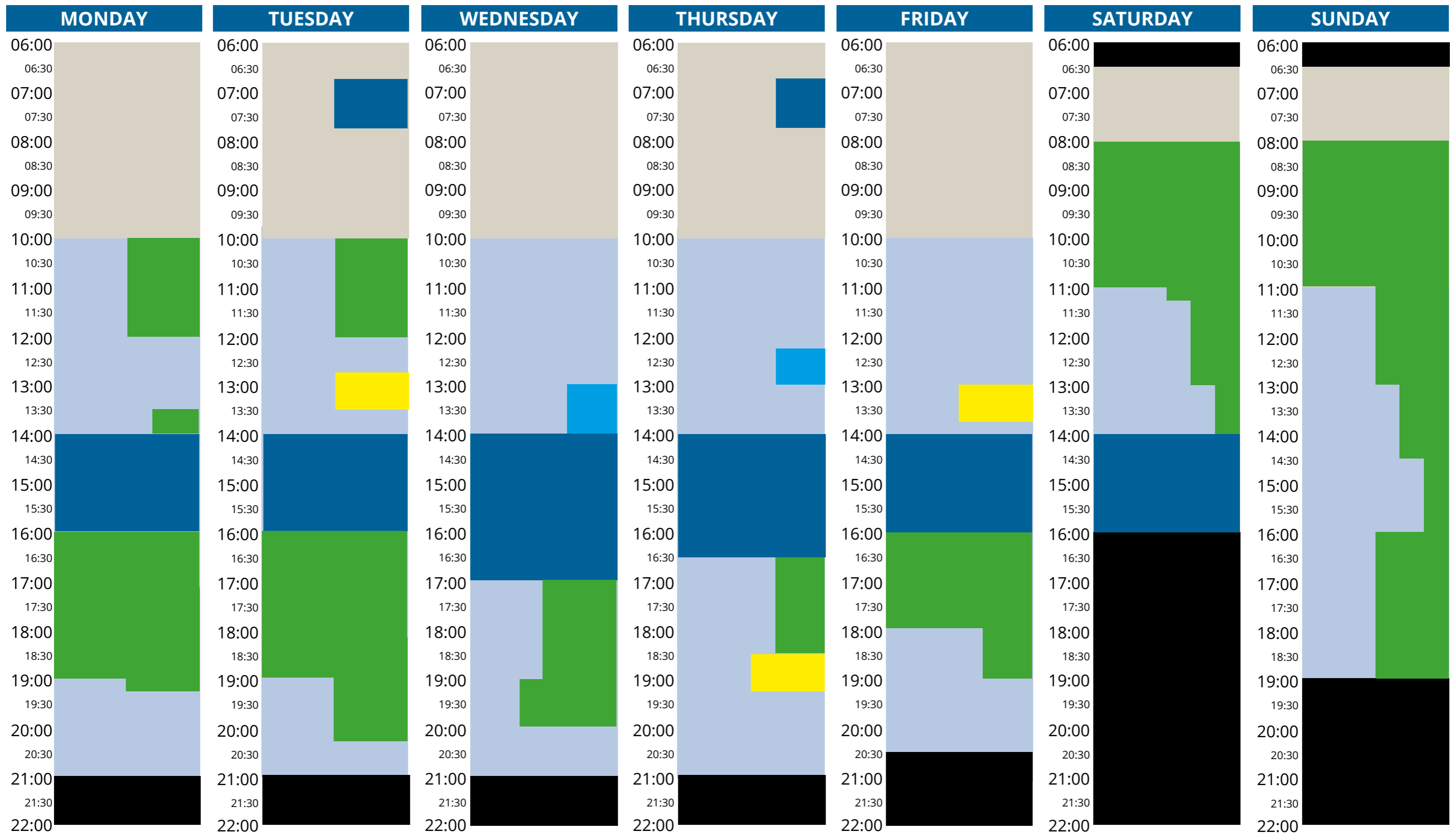
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00		06:00	06:00	06:00	06:00	06:00	06:00
06:30		06:30	06:30	06:30	06:30		06:30
07:00		07:00	07:00	07:00	07:00	07:00	07:00
07:30		07:30	07:30	07:30	07:30	07:30	07:30
08:00		08:00	08:00	08:00	08:00	08:00	08:00
08:30		08:30	08:30	08:30	08:30	08:30	08:30
09:00		09:00	09:00	09:00	09:00	09:00	09:00
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19:00		19:00	19:00	19:00	19:00	19:00	19:00
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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	The King's School Sports Centre 1 St Stephens Road, Canterbury, Kent, CT2 7HU Tel: 01227 595602 01227 595618 Website: www.kingsschoolsportscentre.co.uk Email: info@kingsschoolsportscentre.co.uk			
INTENSE FITNESS	EXERCISE REFERRAL	GENTLE EXERCISE	KING'S SCHOOL				

CENTRE TIMETABLE SWIMMING POOL



MONDAY 28th APRIL - SUNDAY 4th MAY 2025



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 28th APRIL - SUNDAY 4th MAY 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
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
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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

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