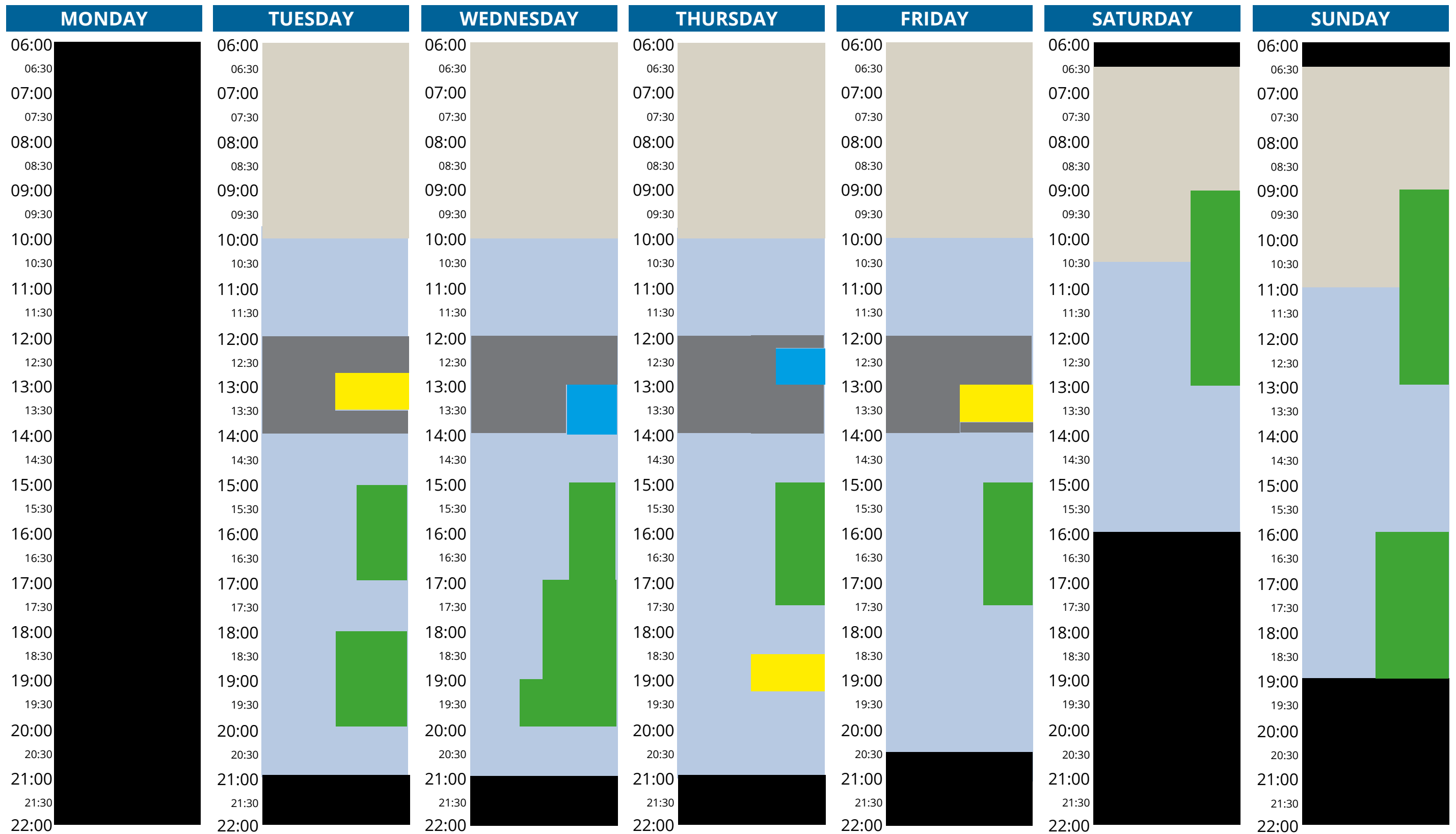


CENTRE TIMETABLE SWIMMING POOL



MONDAY 26th MAY - SUNDAY 1st JUNE 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 26th MAY - SUNDAY 1st JUNE 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
06:30							
07:00							
07:30			YOGA		YOGA		
08:00						MAT PILATES	
08:30							
09:00							
09:30							
10:00		TOTAL BODY CONDITIONING	FUNCTIONAL FITNESS	YOGA	TOTAL BODY CONDITIONING	FUNCTIONAL FITNESS	STUDIO CYCLING (CLASSIC)
10:30			A-B-C	CIRCUITS			
11:00		FUNCTIONAL FITNESS					
11:30		MAT PILATES	X-FIT	YOGA	FUNCTIONAL FITNESS	STRENGTH & STRETCH	
12:00			STRETCH		BODY TO THE BEAT		TOTAL BODY CONDITIONING
12:30			MAT PILATES	WATER THERAPY SHALLOW	RACKET FIT	CALISTHENICS	
13:00		CHAIR YOGA			ASSISTED EXERCISE CLASS		
13:30		SHALLOW AQUA	WATER THERAPY SHALLOW		SHALLOW AQUA		
14:00			WATER THERAPY INTRO	AFL GENTLE CIRCUITS			
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30		FUNCTIONAL FITNESS	X-FIT	STUDIO CYCLING (CLASSIC)	FUNCTIONAL FITNESS		
19:00		YOGA	STUDIO CYCLING (COLOURS)	DEEP AQUA			
19:30		X-FIT	CALISTHENICS	STRENGTH & STRETCH			
20:00		STRETCH					
20:30							
21:00							
21:30							
22:00							

BODY & MIND

SHAPE & CORE

STRENGTH & CONDITIONING

THE GYM AREA IS OPEN ALL DAY TO MEMBERS

INTENSE FITNESS

EXERCISE REFERRAL

GENTLE EXERCISE

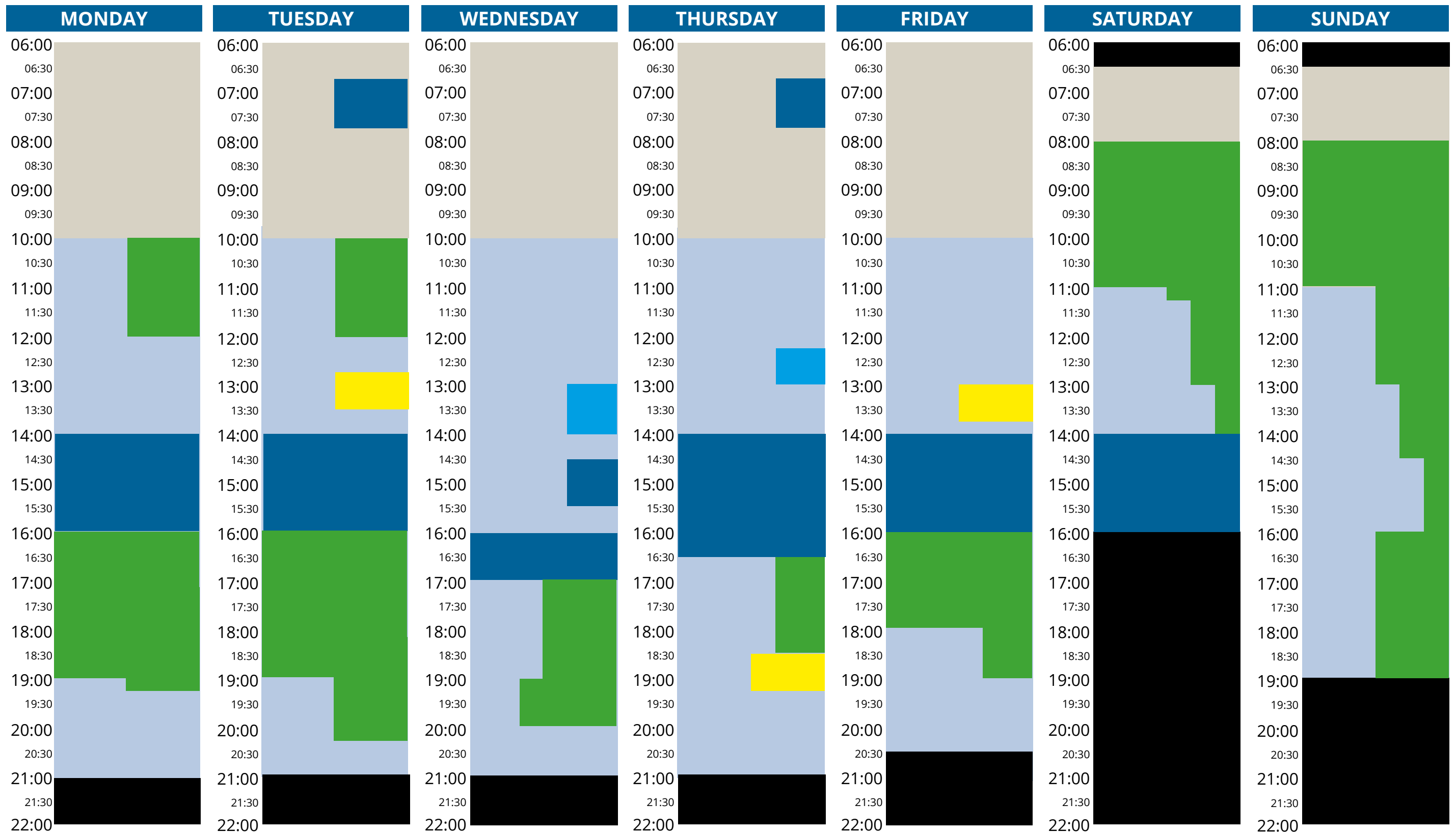
KING'S SCHOOL

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CENTRE TIMETABLE SWIMMING POOL



MONDAY 2ND JUNE - SUNDAY 8TH JUNE 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 2ND JUNE - SUNDAY 8TH JUNE 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
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16:00	16:00	16:00	16:00	16:00	16:00	16:00
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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

The King's School Sports Centre
 1 St Stephens Road, Canterbury, Kent, CT2 7HU
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 Email: info@kingsschoolsportscentre.co.uk

CENTRE TIMETABLE FITNESS CLASSES



MONDAY 9th JUNE - SUNDAY 15th JUNE 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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10:00	10:00	10:00	10:00	10:00	10:00	10:00
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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
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
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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	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 FITNESS CLASSES



MONDAY 16th JUNE - SUNDAY 22nd JUNE 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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09:00	09:00	09:00	09:00	09:00	09:00	09:00
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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
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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

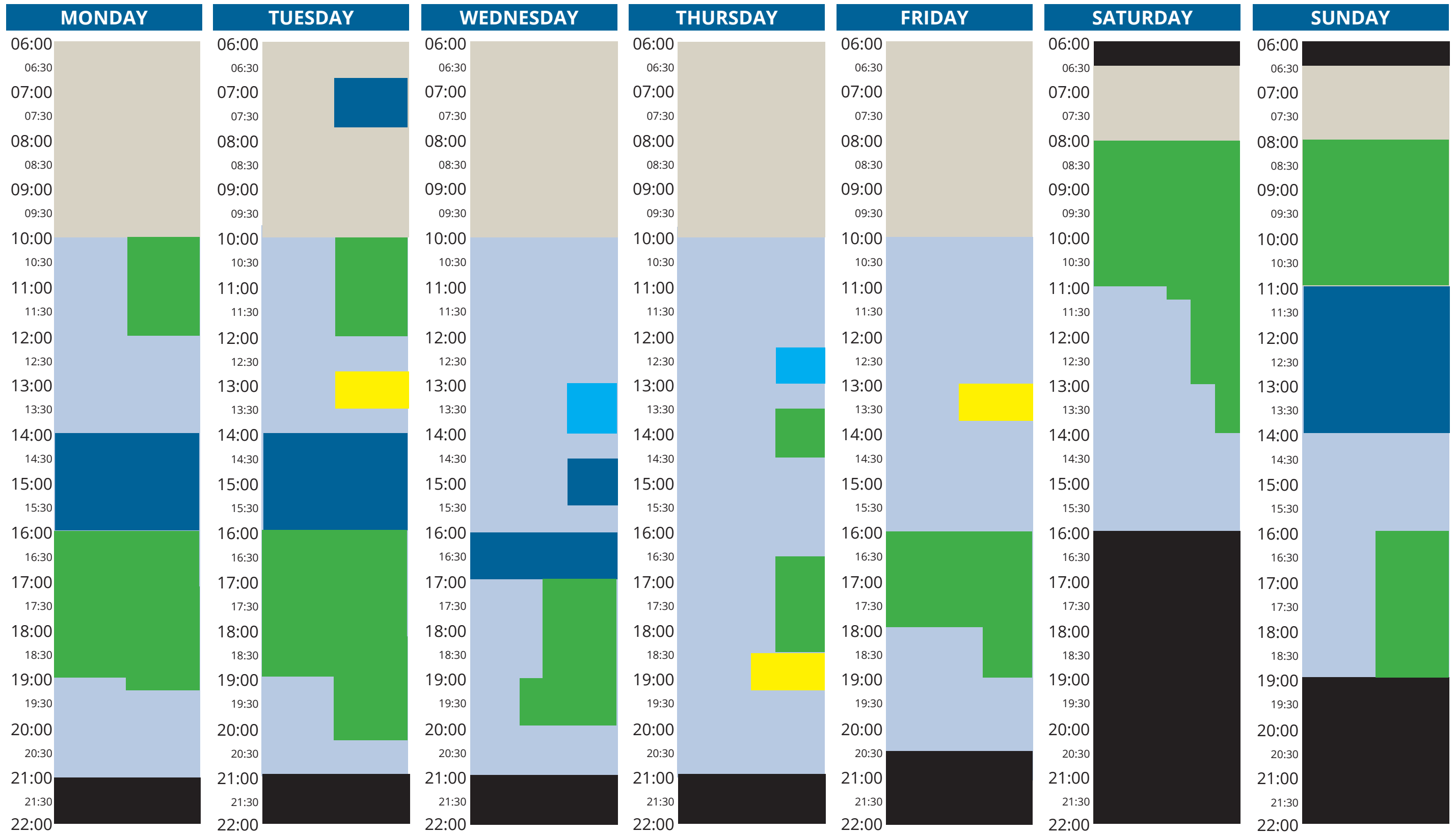
KING'S SCHOOL

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CENTRE TIMETABLE SWIMMING POOL



MONDAY 23RD JUNE - SUNDAY 29TH JUNE 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 23RD JUNE - SUNDAY 29TH JUNE 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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16:00	16:00	16:00	16:00	16:00	16:00	16:00
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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

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INTENSE FITNESS

EXERCISE REFERRAL

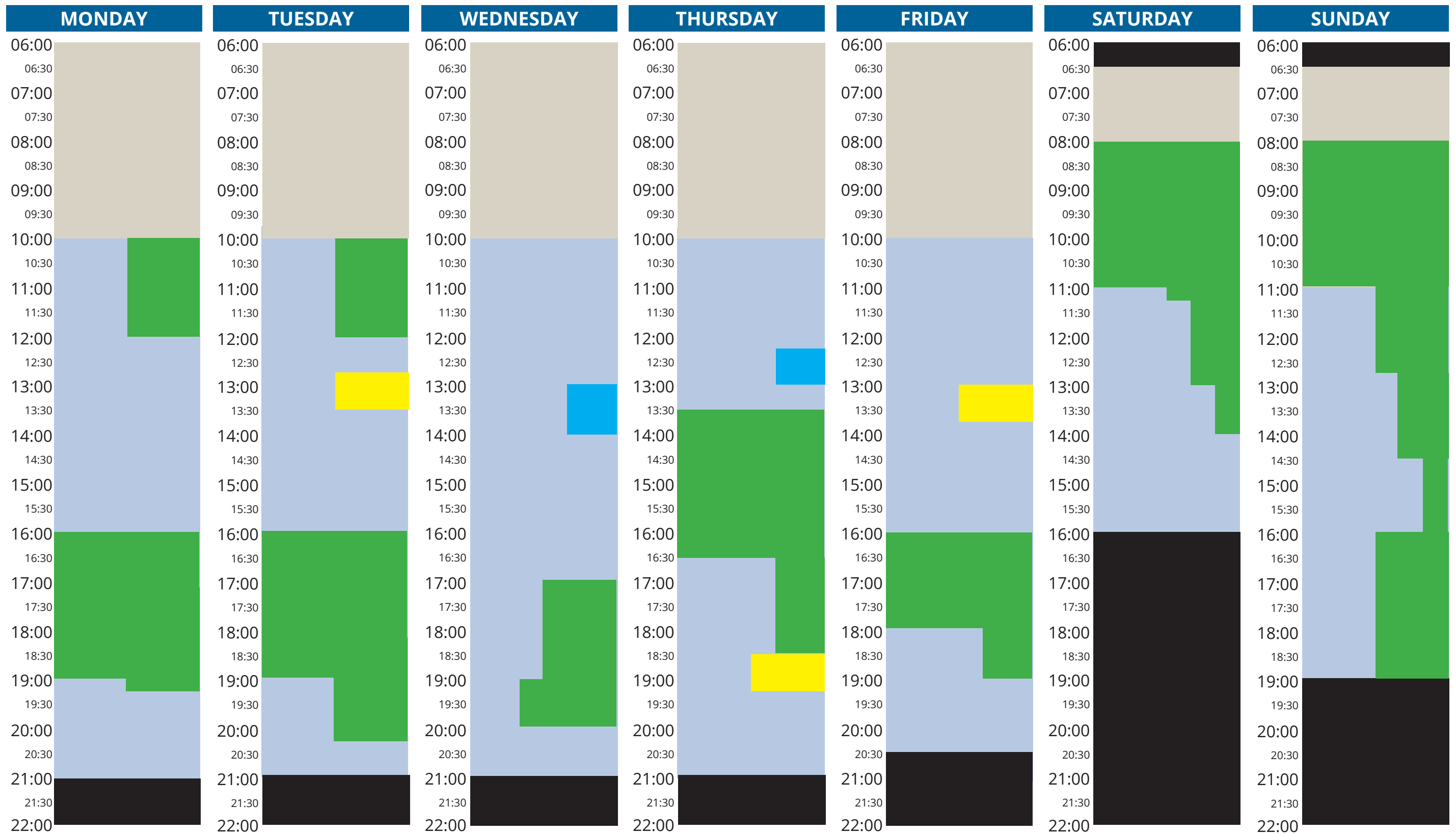
GENTLE EXERCISE

KING'S SCHOOL

CENTRE TIMETABLE SWIMMING POOL



MONDAY 30TH JUNE - SUNDAY 6TH JULY 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 30TH JUNE - SUNDAY 6TH JULY 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
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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			