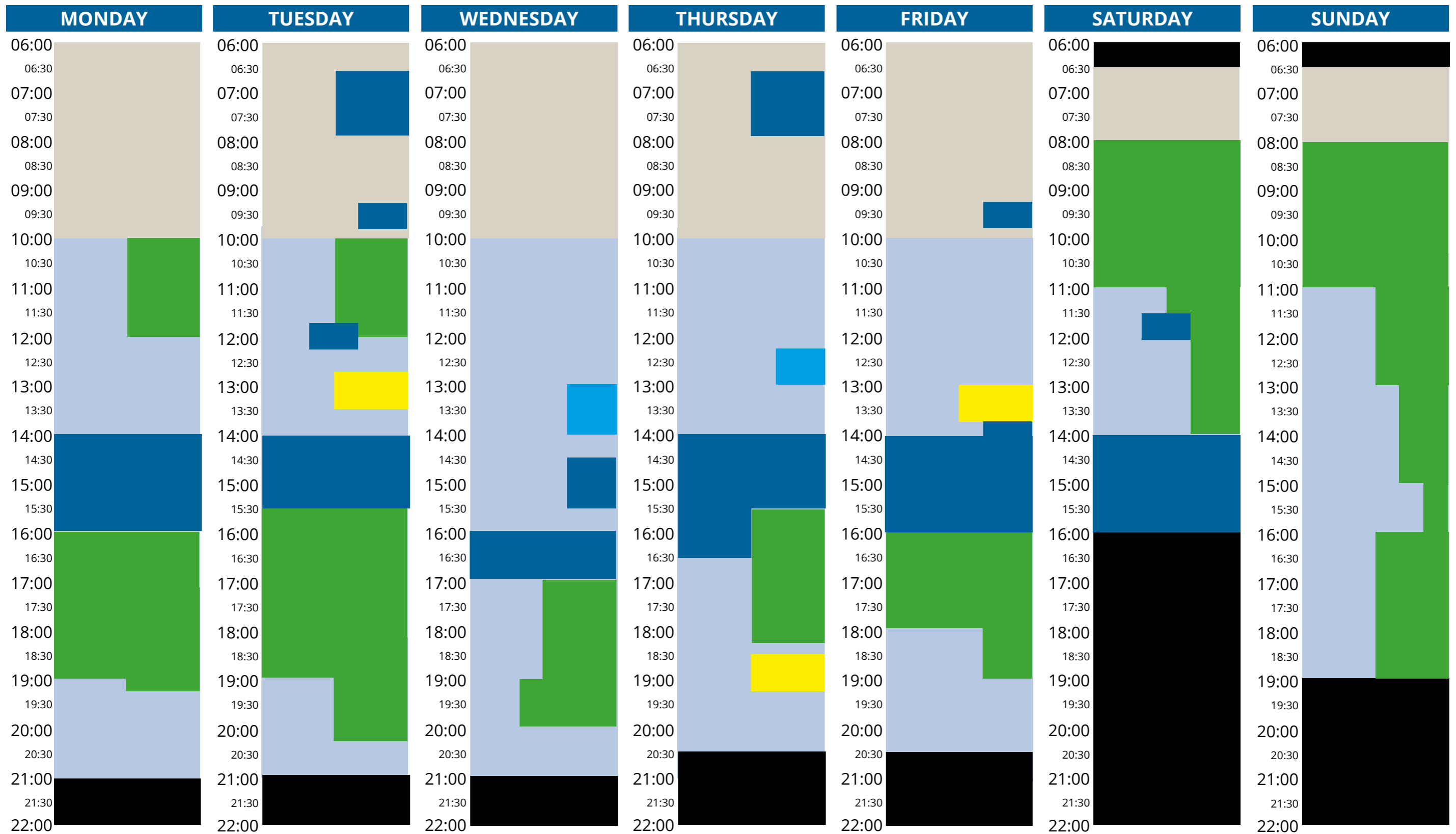


CENTRE TIMETABLE SWIMMING POOL



MONDAY 16th MARCH - SUNDAY 22nd MARCH 2026



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 16th MARCH - SUNDAY 22nd MARCH 2026

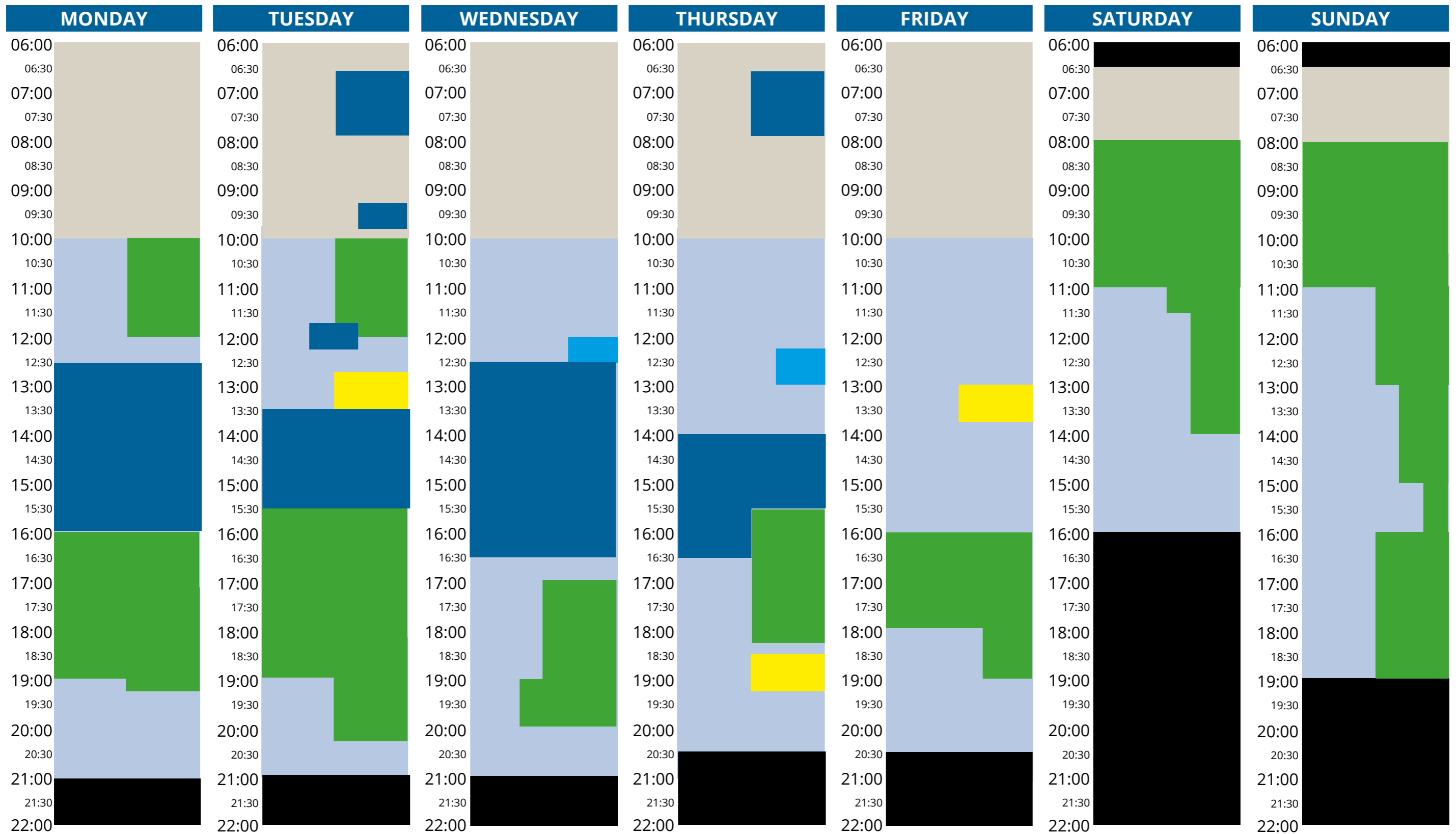
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
06:30	06:30	06:30	06:30	06:30		06:30
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22:00	22:00	22:00	22:00	22:00	22:00	22:00

BODY & MIND	SHAPE & CORE	STRENGTH & CONDITIONING	THE GYM AREA IS OPEN ALL DAY TO MEMBERS	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 23rd MARCH - SUNDAY 29th MARCH 2026



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 MARCH - SUNDAY 29th MARCH 2026

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
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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 30th MARCH - SUNDAY 5th APRIL 2026

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

CENTRE TIMETABLE FITNESS CLASSES



MONDAY 30th MARCH - SUNDAY 5th APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	06:00	06:00	06:00	06:00	06:00	06:00
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BODY & MIND

SHAPE & CORE

STRENGTH & CONDITIONING

THE GYM AREA IS OPEN ALL DAY TO MEMBERS

INTENSE FITNESS

EXERCISE REFERRAL

GENTLE EXERCISE

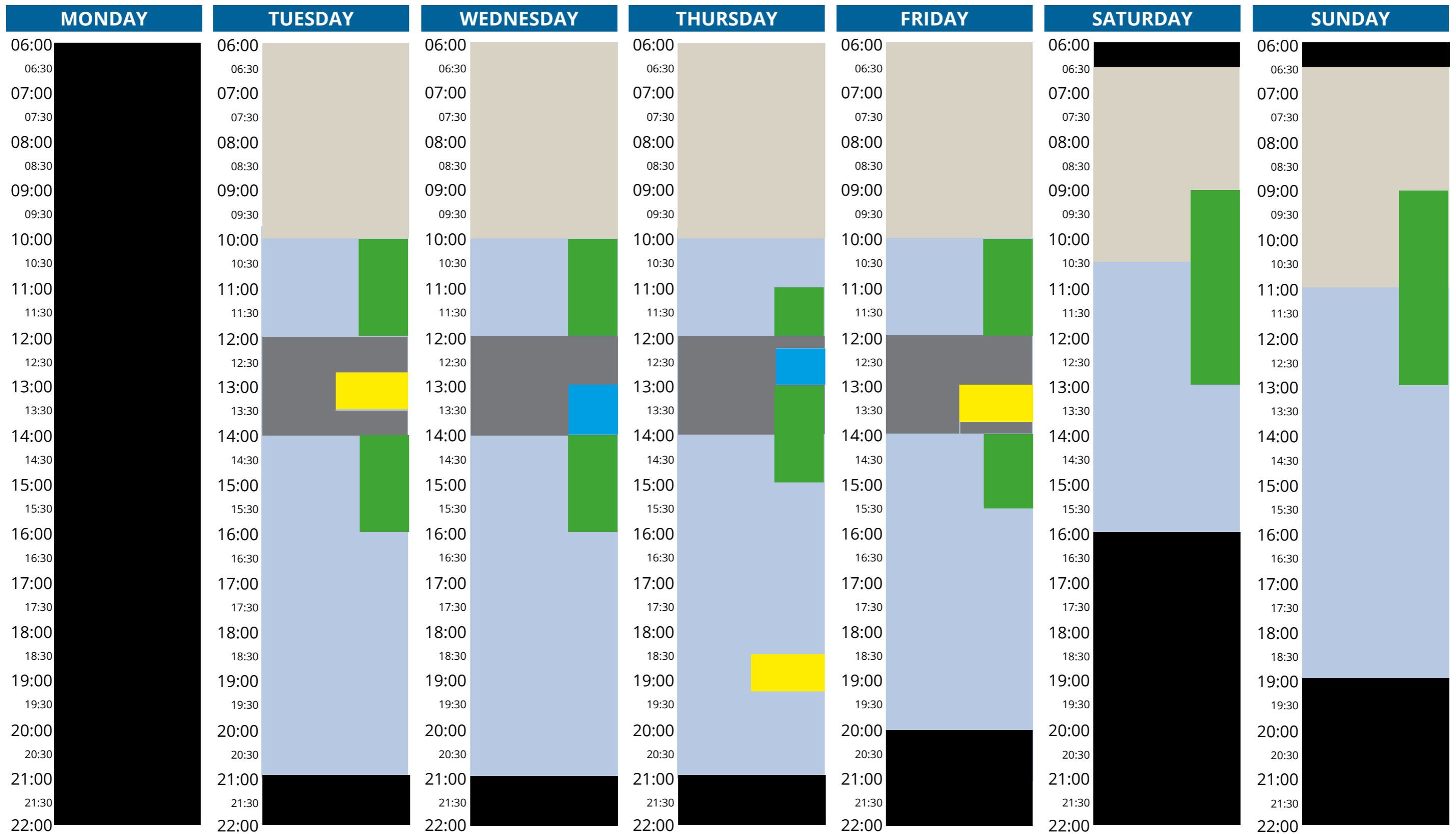
KING'S SCHOOL

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CENTRE TIMETABLE SWIMMING POOL



MONDAY 6th APRIL - SUNDAY 12th APRIL 2026



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 6th APRIL - SUNDAY 12th APRIL 2026

	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		ZUMBA GOLD	STEP TO THE BEAT				
09:30							
10:00		TOTAL BODY CONDITIONING	FUNCTIONAL FITNESS	YOGA	ADVANCED PILATES	FUNCTIONAL FITNESS	STUDIO CYCLING (CLASSIC)
10:30		FUNCTIONAL FITNESS	A-B-C				
11:00			X-FIT	YOGA	FUNCTIONAL FITNESS	STRENGTH & STRETCH	TOTAL BODY CONDITIONING
11:30		MAT PILATES			TOTAL BODY CONDITIONING		
12:00			STRETCH		RACKET FIT	CALISTHENICS	CORE CONDITIONING
12:30			STRENGTH & STRETCH	WATER THERAPY SHALLOW			
13:00		CHAIR YOGA	WATER THERAPY SHALLOW		SHALLOW AQUA		
13:30		SHALLOW AQUA	WATER THERAPY INTRO	AFL GENTLE CIRCUITS	ASSISTED EXERCISE CLASS		
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							YOGA
17:30				SCULPT & TONE PI-LATES			
18:00							
18:30		FUNCTIONAL FITNESS	X-FIT	STUDIO CYCLING (CLASSIC)	FUNCTIONAL FITNESS		
19:00		YOGA	STUDIO CYCLING (COLOURS)	DEEP AQUA			
19:30		STRETCH		CORE COND.			
20:00				STRENGTH & STRETCH			
20:30							
21:00							
21:30							
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 13th APRIL - SUNDAY 19th APRIL 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
06:30							
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	MEMBER'S LANE SWIMMING	MEMBER'S GENERAL SWIMMING	ADULTS ONLY	CLOSED	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		
	KING'S SCHOOL	SWIMMING LESSONS	WATER THERAPY	AQUA AEROBICS			

CENTRE TIMETABLE FITNESS CLASSES



MONDAY 13th APRIL - SUNDAY 19th APRIL 2026

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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BODY & MIND

SHAPE & CORE

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GENTLE EXERCISE

KING'S SCHOOL