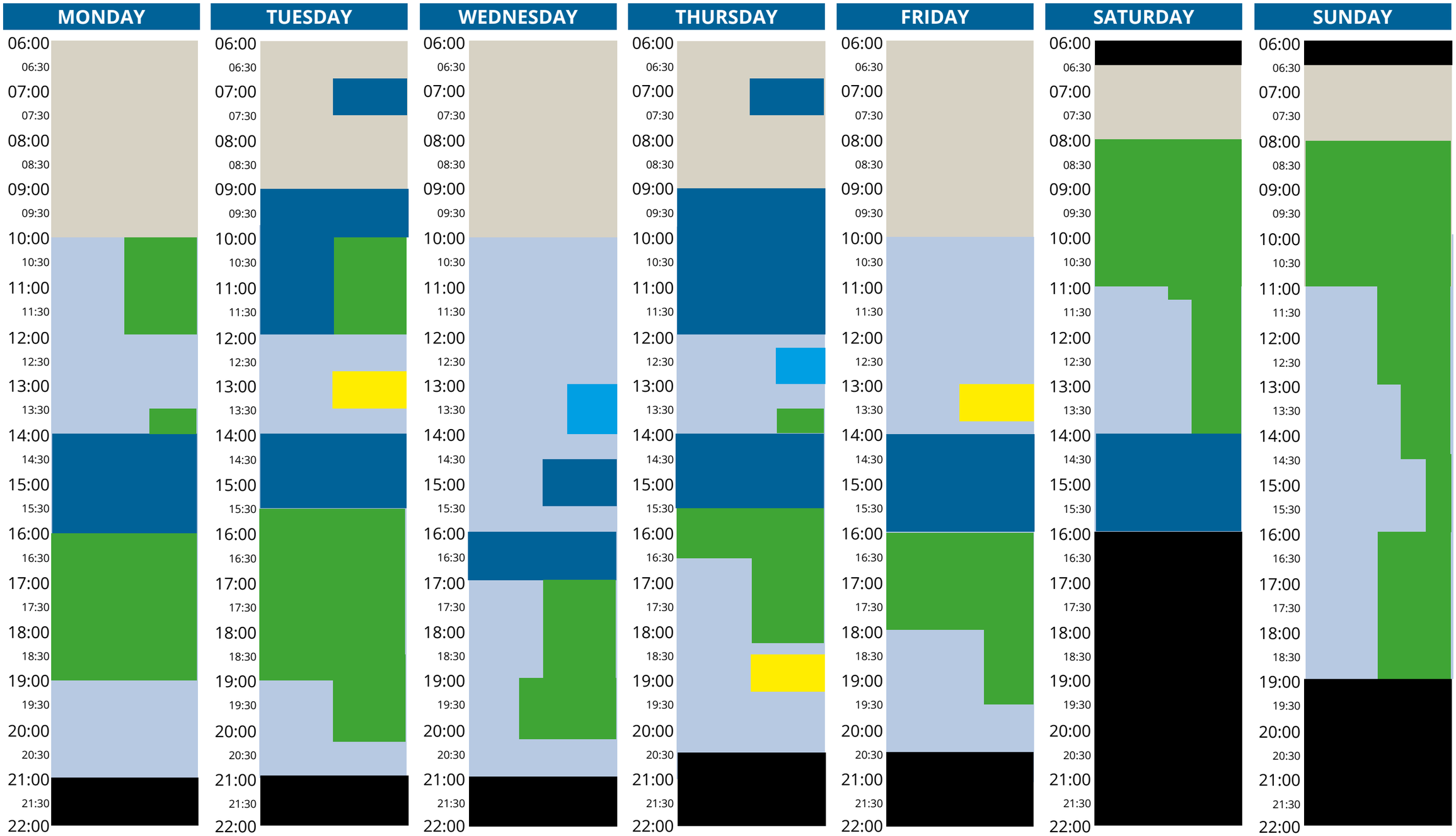
CENTRE TIMETABLE
SWIMMING POOL

THE KING'S SCHOOL CANTERBURY
SPORTS CENTRE

MONDAY 9th NOVEMBER - SUNDAY 15th NOVEMBER 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

THE KING'S SCHOOL CANTERBURY
SPORTS CENTRE

MONDAY 9th NOVEMBER - SUNDAY 15th NOVEMBER 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	AEROTONE	ZUMBA GOLD	STEP TO THE BEAT / CIRCUITS				STUDIO CYCLING (CLASSIC)
09:30				YOGA	ADVANCED PILATES		
10:00	FUNCTIONAL FITNESS / AEROTONE	TOTAL BODY CONDITIONING / FUNCTIONAL FITNESS	FUNCTIONAL FITNESS / A-B-C			FUNCTIONAL FITNESS	
10:30				YOGA	TOTAL BODY CONDITIONING		TOTAL BODY CONDITIONING
11:00			X-FIT		FUNCTIONAL FITNESS / BODY TO THE BEAT	STRENGTH & STRETCH	
11:30	ASSISTED EXERCISE CLASS	MAT PILATES					
12:00			STRETCH / MAT PILATES	WATER THERAPY SHALLOW / FITNESS PILATES	RACKET FIT / ASSISTED EXERCISE CLASS	CALISTHENICS	CORE CONDITIONING
12:30							
13:00	PUMP TO THE BEAT	SHALLOW AQUA / CHAIR YOGA	WATER THERAPY SHALLOW / MAT PILATES		SHALLOW AQUA		
13:30			WATER THERAPY INTRO	AFL GENTLE CIRCUITS			YOGA
14:00	AFL GENTLE CIRCUITS						
14:30						FITNESS SUITE CLOSED	
15:00		FITNESS SUITE CLOSED	FITNESS SUITE CLOSED	FITNESS SUITE CLOSED			
15:30							
16:00							
16:30					FITNESS SUITE CLOSED		
17:00							
17:30				SCULPT & TONE PILATES			
18:00	ABS, CORE & MORE	FUNCTIONAL FITNESS / YOGA	X-FIT / STUDIO CYCLING (COLOURS)	STUDIO CYCLING (CLASSIC) / DEEP AQUA / CORE COND-	FUNCTIONAL FITNESS		
18:30							
19:00	STUDIO CYCLING (COLOURS)	STRETCH					
19:30	X-FIT						
20:00							
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

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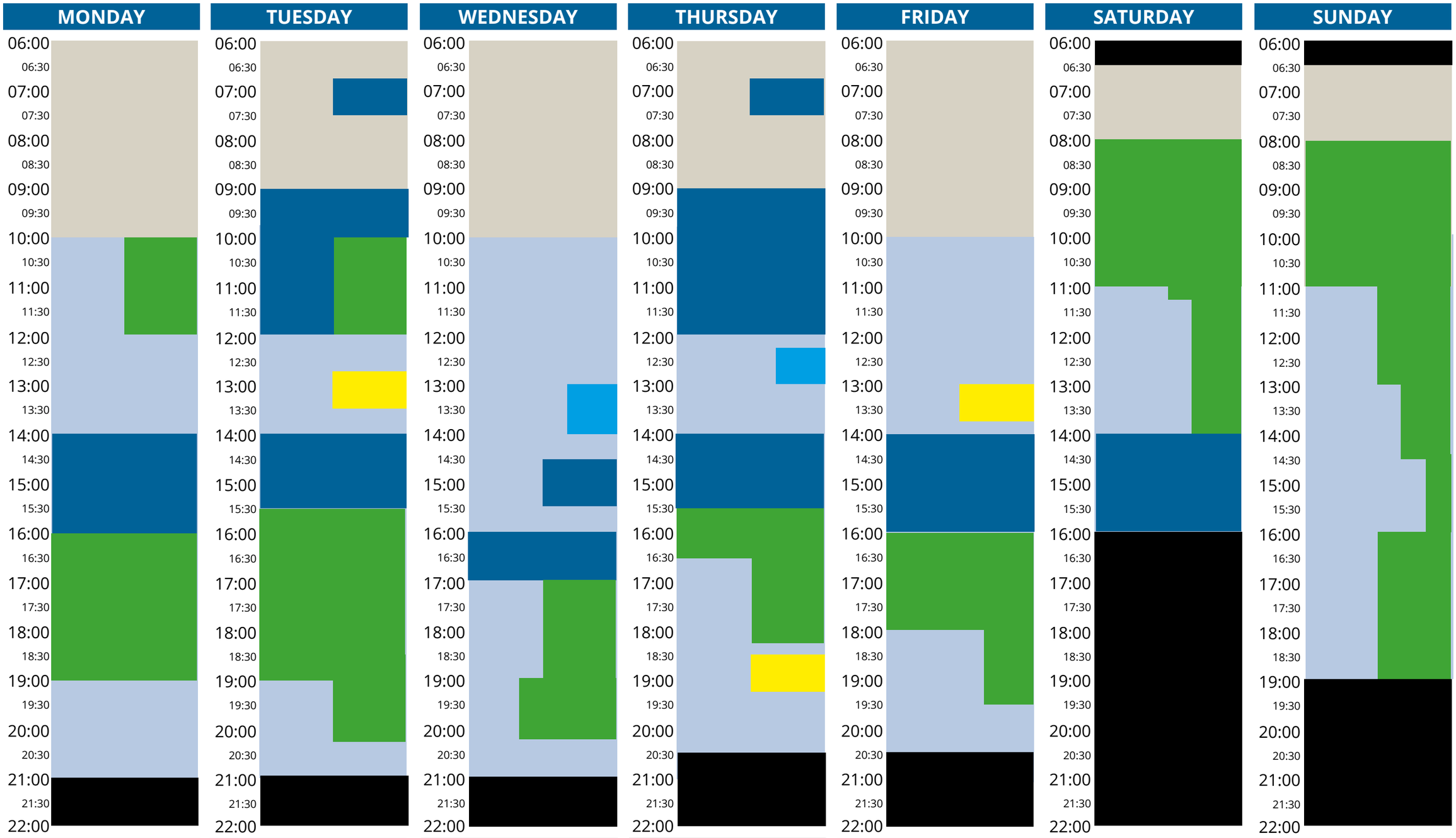
CENTRE TIMETABLE
SWIMMING POOL

THE KING'S SCHOOL CANTERBURY
SPORTS CENTRE

MONDAY 16th NOVEMBER - SUNDAY 22nd NOVEMBER 2026



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MEMBER'S GENERAL SWIMMING

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SWIMMING LESSONS

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CENTRE TIMETABLE
FITNESS CLASSES

THE KING'S SCHOOL CANTERBURY
SPORTS CENTRE

MONDAY 16th NOVEMBER - SUNDAY 22nd NOVEMBER 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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22:00	22:00	22:00	22:00	22:00	22:00	22:00

MONDAY
- 09:00–09:30 AEROTONE
- 09:30–10:30 FUNCTIONAL FITNESS
- 10:00–11:00 AEROTONE
- 11:30–12:30 ASSISTED EXERCISE CLASS
- 13:00–13:30 PUMP TO THE BEAT
- 14:00–14:30 AFL GENTLE CIRCUITS
- 17:30–18:30 ABS, CORE & MORE
- 18:30–19:30 X-FIT
- 18:30–19:30 STUDIO CYCLING (COLOURS)

TUESDAY
- 09:00–09:30 ZUMBA GOLD
- 09:30–10:30 TOTAL BODY CONDITIONING
- 10:00–11:00 FUNCTIONAL FITNESS
- 11:30–12:30 MAT PILATES
- 12:30–13:30 CHAIR YOGA
- 13:00–14:00 SHALLOW AQUA
- 14:30–17:30 FITNESS SUITE CLOSED
- 17:30–18:30 FUNCTIONAL FITNESS
- 17:30–18:30 YOGA
- 18:30–19:30 STRETCH

WEDNESDAY
- 07:30–08:30 YOGA
- 09:00–09:30 STEP TO THE BEAT
- 09:00–10:00 CIRCUITS
- 09:30–11:00 FUNCTIONAL FITNESS
- 09:30–11:00 X-FIT
- 10:00–11:00 A-B-C
- 11:30–12:30 STRETCH
- 11:30–12:30 MAT PILATES
- 12:30–13:30 WATER THERAPY SHALLOW
- 12:30–13:30 WATER THERAPY INTRO
- 13:00–14:00 MAT PILATES
- 14:30–17:30 FITNESS SUITE CLOSED
- 17:30–18:30 X-FIT
- 17:30–18:30 STUDIO CYCLING (COLOURS)

THURSDAY
- 09:30–10:30 YOGA
- 10:30–11:30 YOGA
- 12:30–13:30 WATER THERAPY SHALLOW
- 12:30–13:30 FITNESS PILATES
- 13:30–14:30 AFL GENTLE CIRCUITS
- 14:30–17:30 FITNESS SUITE CLOSED
- 17:30–18:30 SCULPT & TONE PILATES
- 17:30–18:30 STUDIO CYCLING (CLASSIC)
- 18:30–19:30 DEEP AQUA
- 18:30–19:30 CORE COND-

FRIDAY
- 07:30–08:30 YOGA
- 09:30–10:30 ADVANCED PILATES
- 10:30–11:30 FUNCTIONAL FITNESS
- 10:30–11:30 TOTAL BODY CONDITIONING
- 11:30–12:30 RACKET FIT
- 11:30–12:30 BODY TO THE BEAT
- 12:30–13:30 SHALLOW AQUA
- 12:30–13:30 ASSISTED EXERCISE CLASS
- 14:30–17:30 FITNESS SUITE CLOSED
- 17:30–18:30 FUNCTIONAL FITNESS

SATURDAY
- 07:30–08:30 MAT PILATES
- 09:30–11:30 FUNCTIONAL FITNESS
- 09:30–11:30 STRENGTH & STRETCH
- 09:30–11:30 CALISTHENICS
- 14:30–17:30 FITNESS SUITE CLOSED

SUNDAY
- 09:30–10:30 STUDIO CYCLING (CLASSIC)
- 10:30–11:30 TOTAL BODY CONDITIONING
- 11:30–12:30 CORE CONDITIONING
- 12:30–13:30 YOGA

BODY & MIND
SHAPE & CORE
STRENGTH & CONDITIONING
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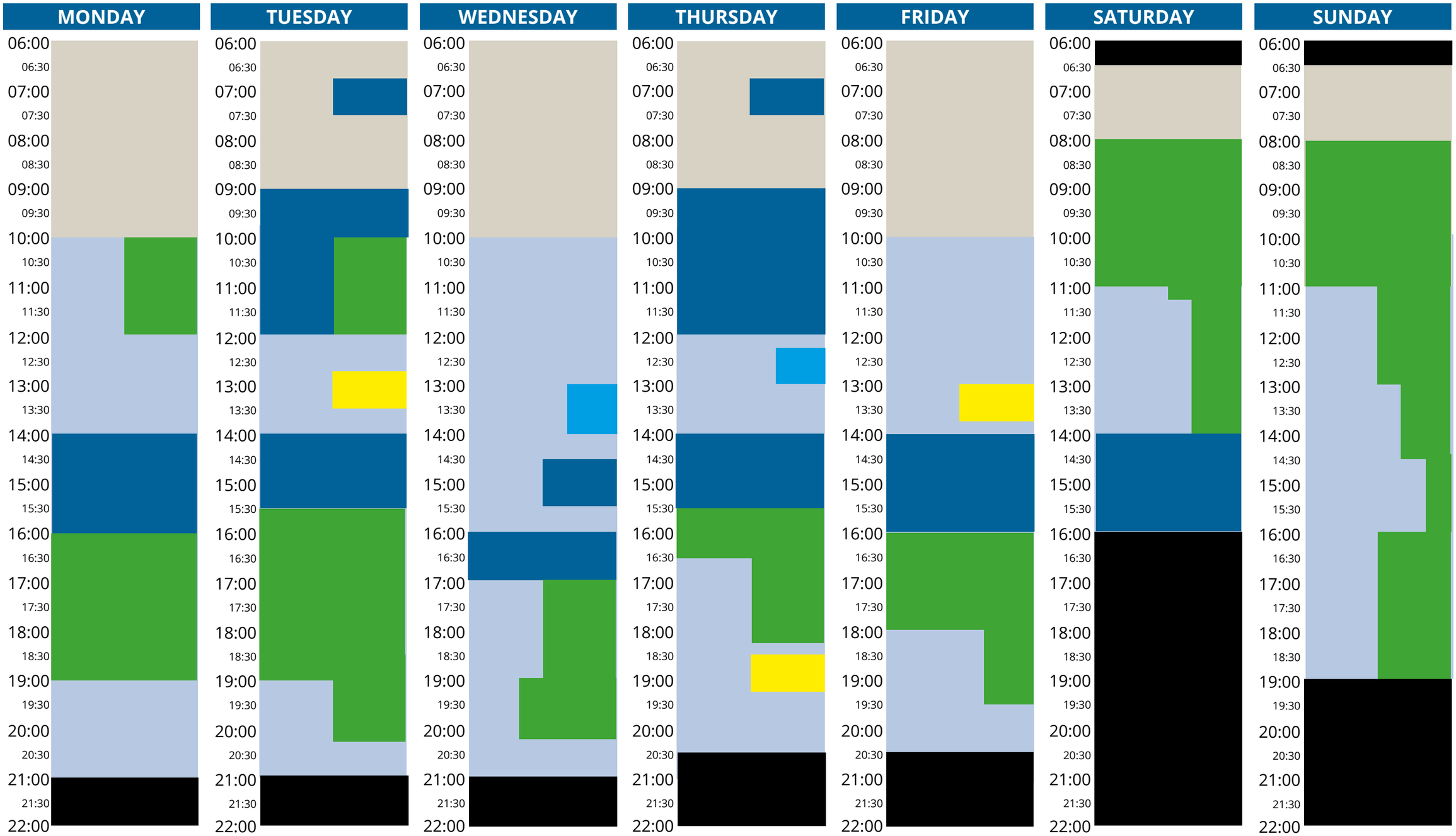
CENTRE TIMETABLE
SWIMMING POOL

THE KING'S SCHOOL CANTERBURY
SPORTS CENTRE

MONDAY 23rd NOVEMBER - SUNDAY 29th NOVEMBER 2026



MEMBER'S LANE SWIMMING

MEMBER'S GENERAL SWIMMING

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SWIMMING LESSONS

WATER THERAPY

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FITNESS CLASSES

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SPORTS CENTRE

MONDAY 23rd NOVEMBER - SUNDAY 29th NOVEMBER 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
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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
AEROTONE	ZUMBA GOLD	YOGA	YOGA	YOGA	[redacted]	[redacted]
FUNCTIONAL FITNESS	TOTAL BODY CONDITIONING	STEP TO THE BEAT	YOGA	ADVANCED PILATES	MAT PILATES	STUDIO CYCLING (CLASSIC)
AEROTONE	FUNCTIONAL FITNESS	CIRCUITS	YOGA	TOTAL BODY CONDITIONING	FUNCTIONAL FITNESS	TOTAL BODY CONDITIONING
ASSISTED EXERCISE CLASS	MAT PILATES	FUNCTIONAL FITNESS	WATER THERAPY SHALLOW	FUNCTIONAL FITNESS	STRENGTH & STRETCH	CORE CONDITIONING
PUMP TO THE BEAT	SHALLOW AQUA	A-B-C	FITNESS PILATES	BODY TO THE BEAT	CALISTHENICS	YOGA
AFL GENTLE CIRCUITS	CHAIR YOGA	X-FIT	AFL GENTLE CIRCUITS	RACKET FIT	FITNESS SUITE CLOSED	[redacted]
FITNESS SUITE CLOSED	FITNESS SUITE CLOSED	STRETCH	FITNESS SUITE CLOSED	ASSISTED EXERCISE CLASS	[redacted]	
ABS, CORE & MORE	FUNCTIONAL FITNESS	MAT PILATES	SCULPT & TONE PILATES	SHALLOW AQUA	FITNESS SUITE CLOSED	
STUDIO CYCLING (COLOURS)	YOGA	WATER THERAPY SHALLOW	STUDIO CYCLING (CLASSIC)	FUNCTIONAL FITNESS	[redacted]	
X-FIT	STRETCH	MAT PILATES	DEEP AQUA	[redacted]		
[redacted]	[redacted]	WATER THERAPY INTRO	CORE COND-			
		FITNESS SUITE CLOSED				
		X-FIT	STUDIO CYCLING (COLOURS)			
		[redacted]	[redacted]			

BODY & MIND

SHAPE & CORE

STRENGTH & CONDITIONING

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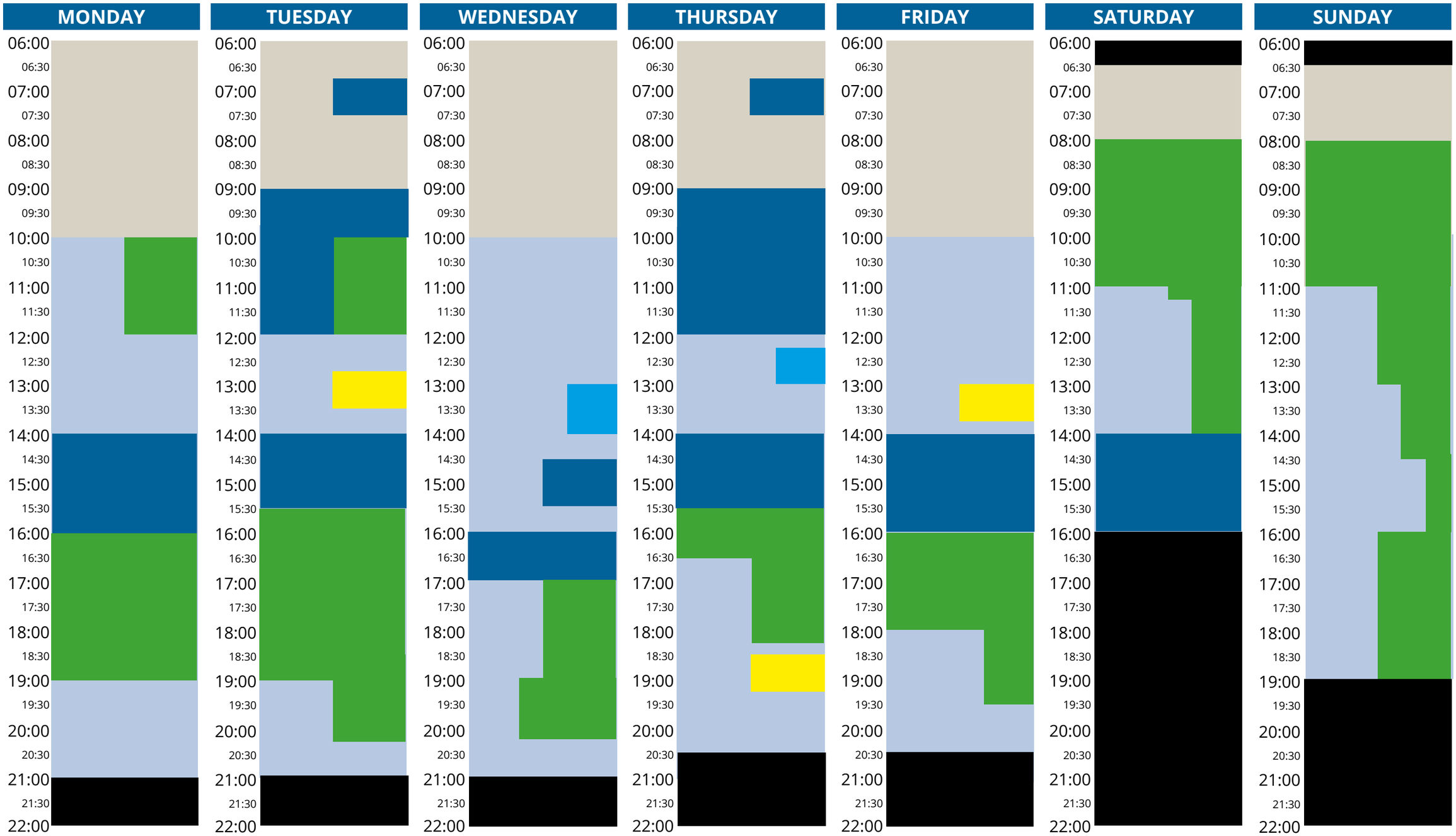
CENTRE TIMETABLE
SWIMMING POOL

THE KING'S SCHOOL CANTERBURY
SPORTS CENTRE

MONDAY 30th NOVEMBER - SUNDAY 6th DECEMBER 2026



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00						[redacted]	[redacted]
06:30							
07:00			YOGA		YOGA		
07:30							
08:00						MAT PILATES	
08:30							
09:00	AEROTONE	ZUMBA GOLD	STEP TO THE BEAT / CIRCUITS				STUDIO CYCLING (CLASSIC)
09:30				YOGA	ADVANCED PILATES		
10:00	FUNCTIONAL FITNESS / AEROTONE	TOTAL BODY CONDITIONING / FUNCTIONAL FITNESS	FUNCTIONAL FITNESS / A-B-C			FUNCTIONAL FITNESS	
10:30				YOGA	TOTAL BODY CONDITIONING		TOTAL BODY CONDITIONING
11:00			X-FIT		FUNCTIONAL FITNESS / BODY TO THE BEAT	STRENGTH & STRETCH	
11:30	ASSISTED EXERCISE CLASS	MAT PILATES					
12:00			STRETCH / MAT PILATES	WATER THERAPY SHALLOW / FITNESS PILATES	RACKET FIT / ASSISTED EXERCISE CLASS	CALISTHENICS	CORE CONDITIONING
12:30							
13:00	PUMP TO THE BEAT	CHAIR YOGA / SHALLOW AQUA	WATER THERAPY SHALLOW / MAT PILATES		SHALLOW AQUA		YOGA
13:30			WATER THERAPY INTRO	AFL GENTLE CIRCUITS			
14:00	AFL GENTLE CIRCUITS						
14:30						FITNESS SUITE CLOSED	
15:00		FITNESS SUITE CLOSED	FITNESS SUITE CLOSED	FITNESS SUITE CLOSED			
15:30							
16:00							
16:30					FITNESS SUITE CLOSED		
17:00						[redacted]	
17:30							
18:00	ABS, CORE & MORE	FUNCTIONAL FITNESS / YOGA		SCULPT & TONE PILATES	FUNCTIONAL FITNESS		
18:30			X-FIT / STUDIO CYCLING (COLOURS)	STUDIO CYCLING (CLASSIC) / DEEP AQUA / CORE COND-			
19:00	STUDIO CYCLING (COLOURS)						[redacted]
19:30	X-FIT	STRETCH					
20:00							
20:30							
21:00	[redacted]	[redacted]	[redacted]	[redacted]	[redacted]		
21:30							
22:00							

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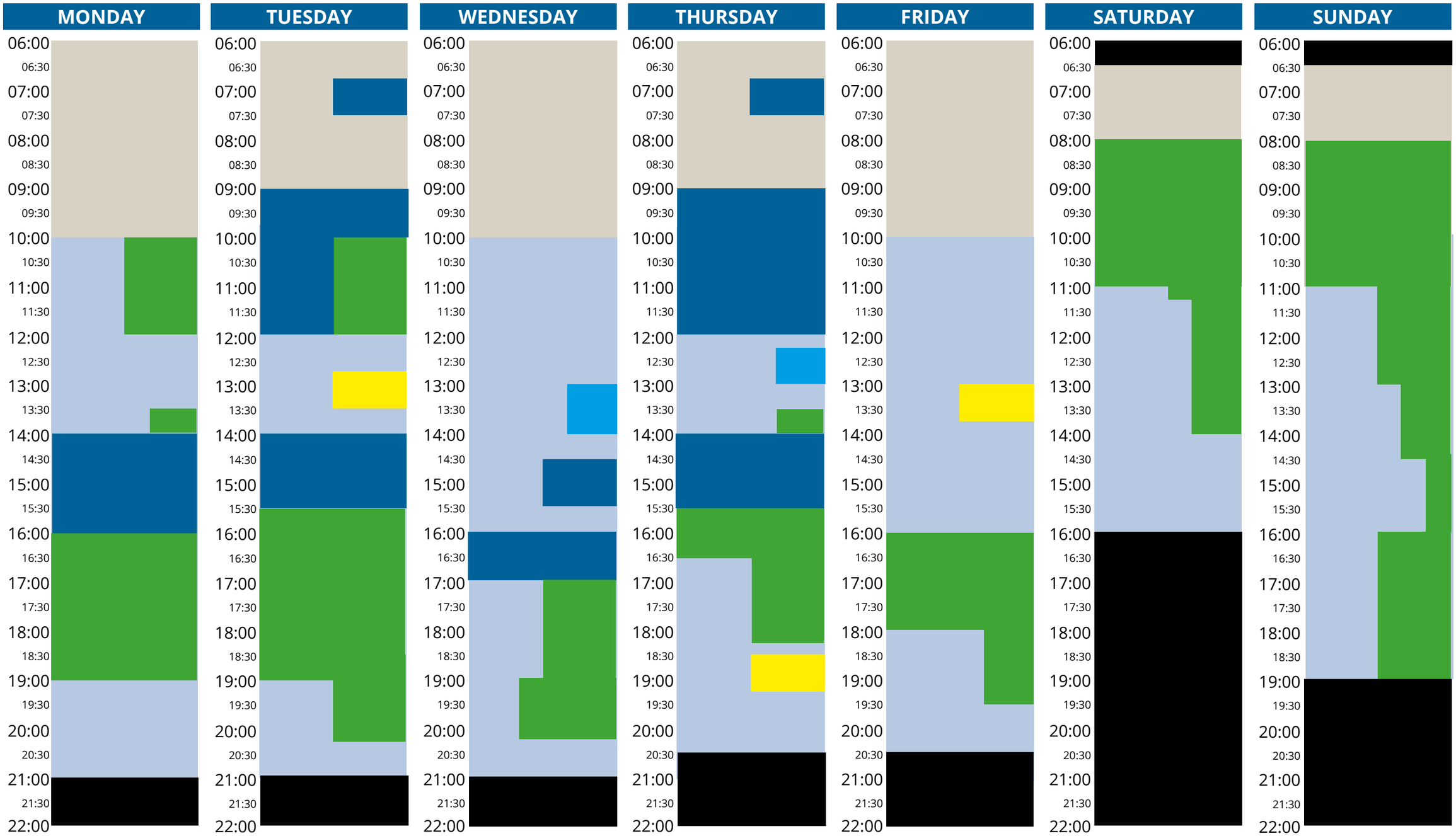
MONDAY 7th DECEMBER - SUNDAY 13th DECEMBER 2026



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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
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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
AEROTONE	ZUMBA GOLD	YOGA	YOGA	YOGA	[redacted]	[redacted]
FUNCTIONAL FITNESS	TOTAL BODY CONDITIONING	STEP TO THE BEAT	YOGA	ADVANCED PILATES	MAT PILATES	STUDIO CYCLING (CLASSIC)
AEROTONE	FUNCTIONAL FITNESS	CIRCUITS	WATER THERAPY SHALLOW	FUNCTIONAL FITNESS	FUNCTIONAL FITNESS	TOTAL BODY CONDITIONING
ASSISTED EXERCISE CLASS	MAT PILATES	FUNCTIONAL FITNESS	FITNESS PILATES	RACKET FIT	STRENGTH & STRETCH	CORE CONDITIONING
PUMP TO THE BEAT	CHAIR YOGA	A-B-C	AFL GENTLE CIRCUITS	SHALLOW AQUA	CALISTHENICS	YOGA
AFL GENTLE CIRCUITS	SHALLOW AQUA	X-FIT	FITNESS SUITE CLOSED	TOTAL BODY CONDITIONING	FITNESS SUITE CLOSED	[redacted]
FITNESS SUITE CLOSED	FITNESS SUITE CLOSED	STRETCH	SCULPT & TONE PILATES	BODY TO THE BEAT	[redacted]	[redacted]
ABS, CORE & MORE	FUNCTIONAL FITNESS	MAT PILATES	STUDIO CYCLING (CLASSIC)	ASSISTED EXERCISE CLASS	[redacted]	[redacted]
STUDIO CYCLING (COLOURS)	YOGA	WATER THERAPY SHALLOW	DEEP AQUA	FUNCTIONAL FITNESS	[redacted]	[redacted]
X-FIT	STRETCH	WATER THERAPY INTRO	CORE COND-	[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	MAT PILATES	[redacted]	[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	FITNESS SUITE CLOSED	[redacted]	[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	X-FIT	[redacted]	[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	STUDIO CYCLING (COLOURS)	[redacted]	[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	[redacted]	[redacted]	[redacted]	[redacted]	[redacted]

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
Email: info@kingsschoolsportscentre.co.uk