

OPENING TIMES

Autumn 2019



**Monday 2nd September -
Friday 18th October**

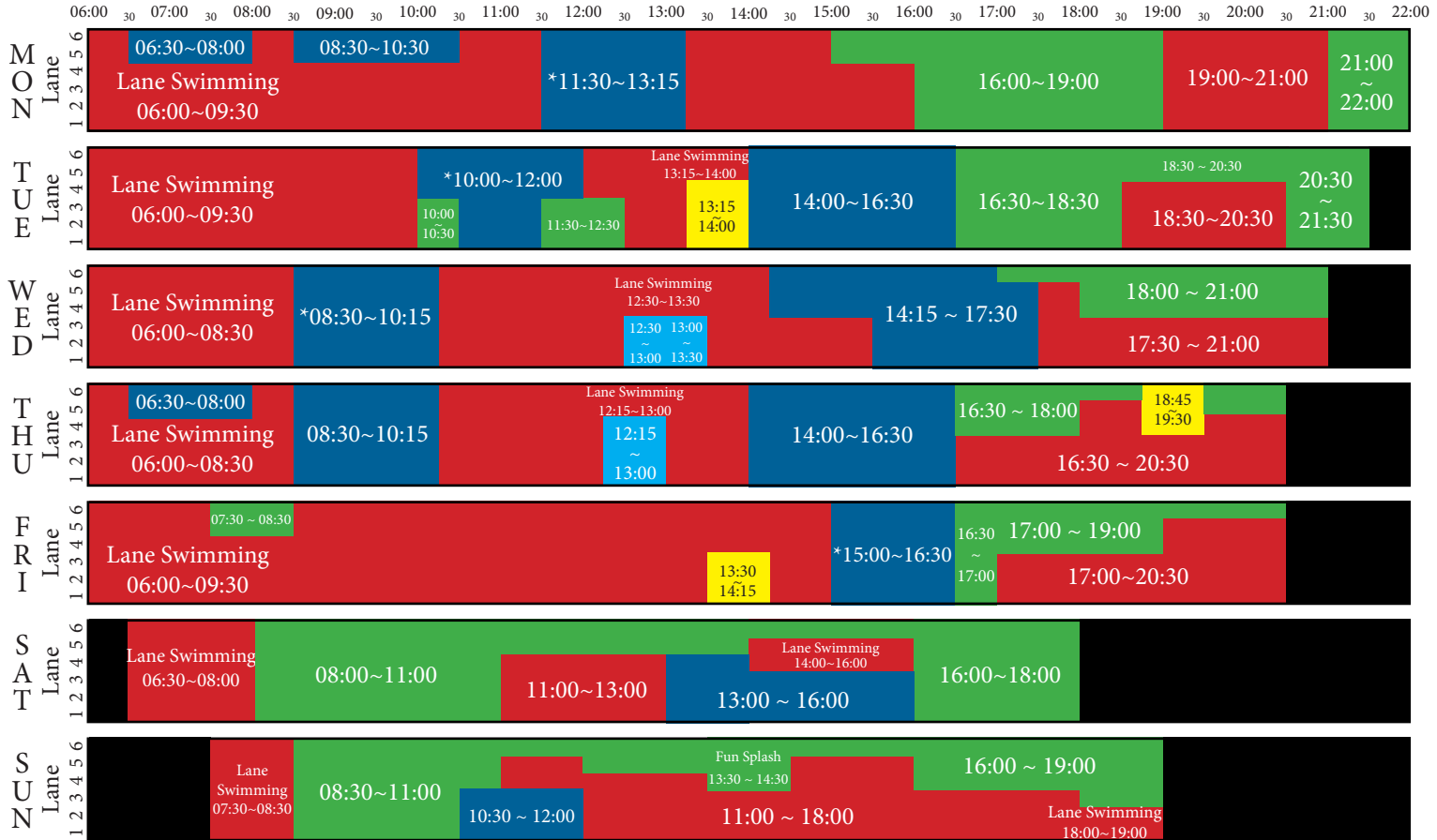
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The King's School
Recreation Centre



SWIMMING POOL OPENING TIMES



■ Members
 ■ Lessons
 ■ Water Therapy
 ■ King's School
 ■ Aqua Aerobics
 ■ Cleaning / Closed

*Individual swimming tuition takes place during members swimming times, to avoid these lessons we advise you contact reception.
 * PE Lessons run every other week please see website for additional pool availability or contact reception.*

FITNESS AREA OPENING TIMES



Members
 King's School
 U16 Supervision
 Fitness Classes
 Cleaning / Closed

Please read our members email for possible timetable amendments.

For regular Centre updates please visit our website at www.kingsrecreation.co.uk

Fitness Class Timetable

Monday

- 07:30-08:30 Yoga
10:00-11:00 Functional Fitness
10:00-11:00 Ladies Rec
10:00-11:00 Racket Fit
10:00-11:00 50+ Aerobics
11:00-12:00 Active For Life Circuits
11:00-12:00 Assisted Exercise Class
- 18:30-19:15 Ab Attack
18:30-19:15 Ultimate HIIT
19:15-20:15 Spin Fit

Tuesday

- 10:00-11:00 Total Body Conditioning
11:15-12:15 Mat Pilates
12:30-13:15 Seated Yoga
13:15-14:00 50+ Aqua
- 18:15-19:15 Studio Cycling
18:15-19:15 Functional Fitness
19:15-20:15 Circuit Training
19:20-19:50 Stretch

Wednesday

- 07:30-08:30 Yoga
10:00-10:45 A-B-C (Agility, Balance, Control)
10:00-11:00 Ladies Conditioning
11:00-12:00 X-Fit
11:15-12:15 Mat Pilates
12:00-12:30 Stretch
12:30-13:00 Water Therapy (Introduction)
13:00-13:30 Water Therapy
- 18:30-19:30 X-Fit
18:30-19:30 Studio Cycling
19:00-20:00 Tai Chi
19:30-20:00 Stretch

Thursday

- 06:30-07:30 Studio Cycling
10:00-11:00 50+ Circuits
10:00-11:00 Yoga
11:00-12:00 Active For Life Circuits
12:15-13:00 Water Therapy
- 18:45-19:30 Deep Aqua
19:30-20:30 X-Fit
20:00-21:00 Yoga

Friday

- 07:30-08:30 Yoga
10:00-11:00 Fitball Conditioning
11:00-12:00 Functional Fitness
11:00-12:00 Fitness Pilates
12:15-13:00 Assisted Exercise Class
13:30-14:15 50+ Aqua
- 18:15-19:15 Studio Cycling

Saturday

- 09:00-10:00 Studio Cycling
10:15-11:00 Ab Attack
11:15-12:15 Total Body Conditioning

Sunday

- 09:30-10:30 Studio Cycling
11:00-12:00 Functional Fitness
16:45-17:45 Yoga

50+ Classes

Body & Mind

Exercise Referral

Intense Fitness

Shape & Core

Strength & Conditioning





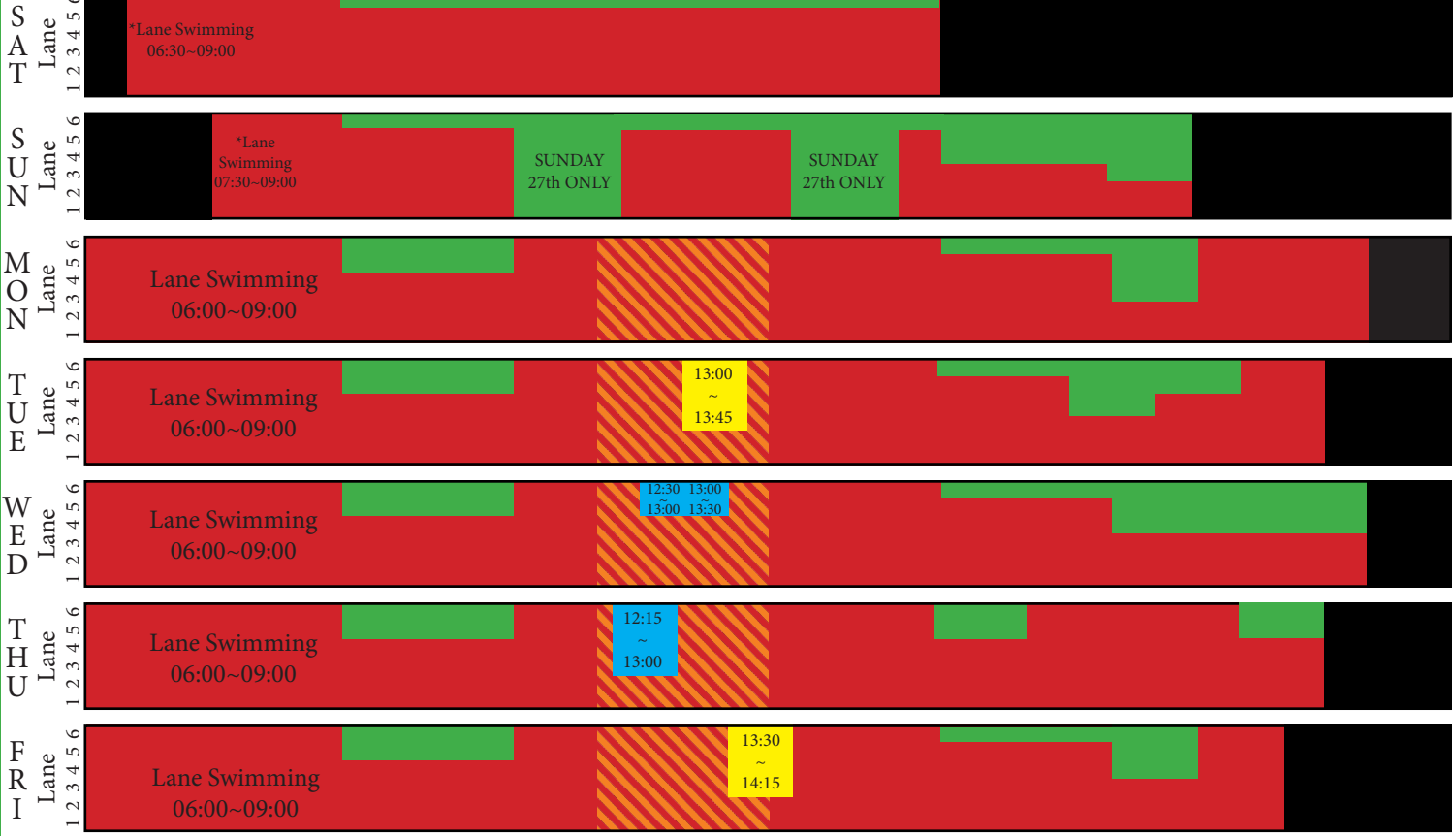
Additional Pool Opening Times

Monday 2nd September	06:00 - 16:00
Wednesday 4th September	06:00 - 14:00
Tuesday 10th September	06:00 - 14:00
Friday 13th September	06:00 - 16:00
Monday 16th September	06:00 - 16:00
Wednesday 18th September	06:00 - 15:30
Tuesday 24th September	06:00 - 14:00
Friday 27th September	06:00 - 16:00
Monday 30th September	06:00 - 16:00
Wednesday 2nd October	06:00 - 15:30
Tuesday 8th October	06:00 - 14:00
Friday 11th October	06:00 - 16:00
Monday 14th October	06:00 - 16:00
Wednesday 16th October	06:00 - 15:30

OCTOBER SWIMMING POOL OPENING TIMES | Saturday 19th October - Sunday 27th October 2019

06:00 30 07:00 30 08:00 30 09:00 30 10:00 30 11:00 30 12:00 30 13:00 30 14:00 30 15:00 30 16:00 30 17:00 30 18:00 30 19:00 30 20:00 30 21:00 30 22:00

WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE



■ Members
 ■ Lessons
 ■ Water Therapy
 ▨ Adults Only
 ■ Aqua Aerobics
 ■ Cleaning / Closed

**Please note the weekend opening times of the 19th/20th October and 26th/27th October will remain the same.*

OCTOBER SWIMMING POOL OPENING TIMES | Monday 28th October - Sunday 3rd November 2019

06:00 30 07:00 30 08:00 30 09:00 30 10:00 30 11:00 30 12:00 30 13:00 30 14:00 30 15:00 30 16:00 30 17:00 30 18:00 30 19:00 30 20:00 30 21:00 30 22:00

WEEK TWO

MON
Lane



WEEK TWO

TUE
Lane



WEEK TWO

WED
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WEEK TWO

THU
Lane



WEEK TWO

FRI
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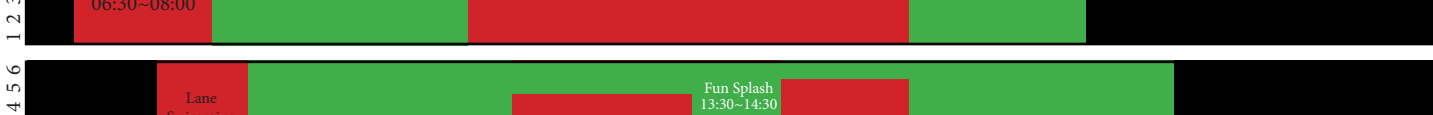
WEEK TWO

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WEEK TWO

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- Members
- Lessons
- Water Therapy
- Adults Only
- Aqua Aerobics
- Cleaning / Closed



Additional Pool Opening Times

Tuesday 5th November	06:00 - 14:00
Wednesday 6th November	06:00 - 15:30
Friday 8th November	06:00 - 16:00
Monday 11th November	06:00 - 16:00
Tuesday 19th November	06:00 - 14:00
Wednesday 20th November	06:00 - 15:30
Friday 22nd November	06:00 - 16:00
Monday 25th November	06:00 - 16:00
Tuesday 3rd December	06:00 - 14:00
Wednesday 4th December	06:00 - 15:30
Friday 6th December	06:00 - 16:00
Monday 9th December	06:00 - 16:00