

OPENING TIMES

Autumn 2020



**Friday 4th September -
Friday 16th October**

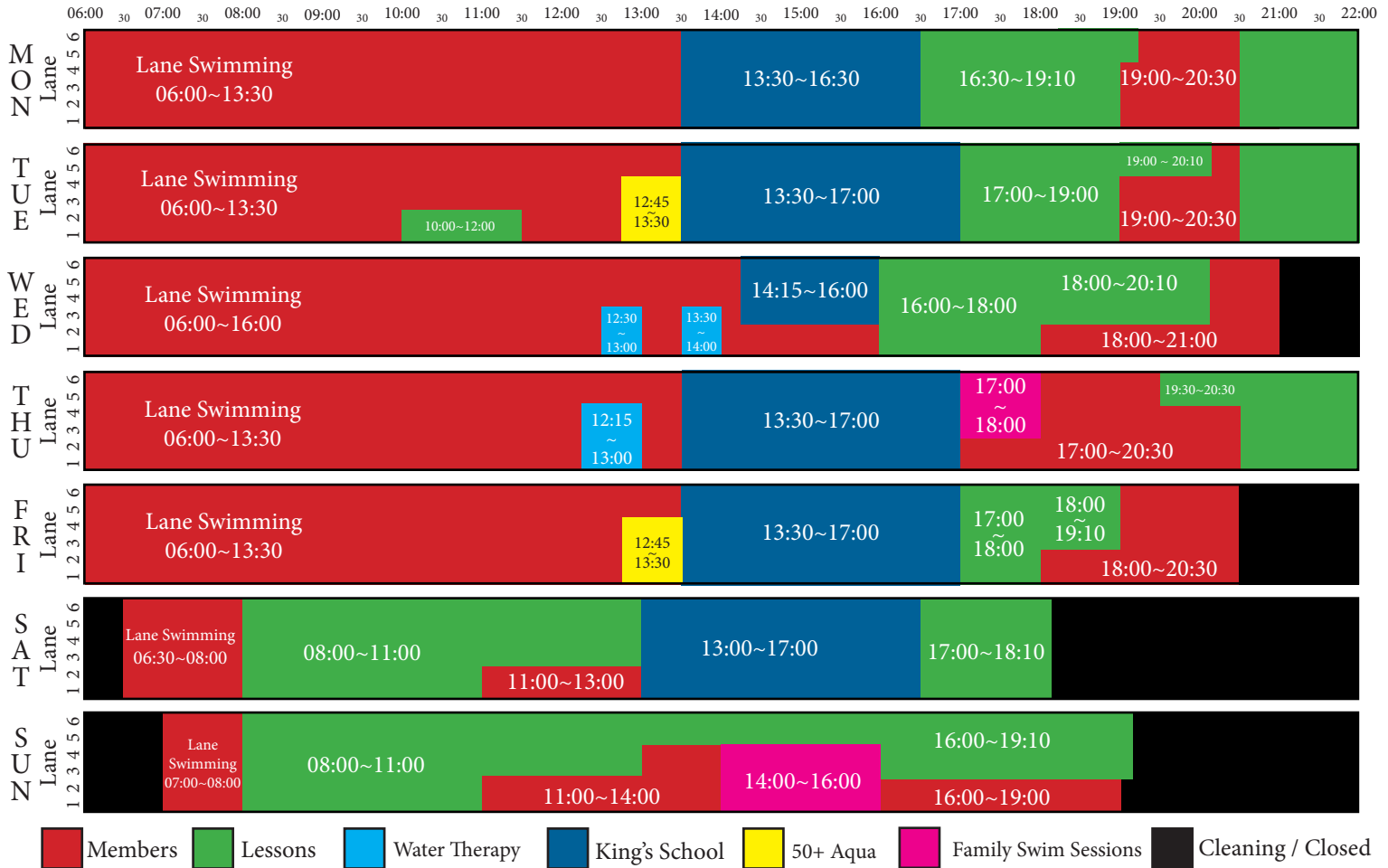
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Twitter: @Kings_Rec
Facebook: @KingsRec
Instagram: kingsrec
Registered Charity No. 307942



The King's School
Recreation Centre

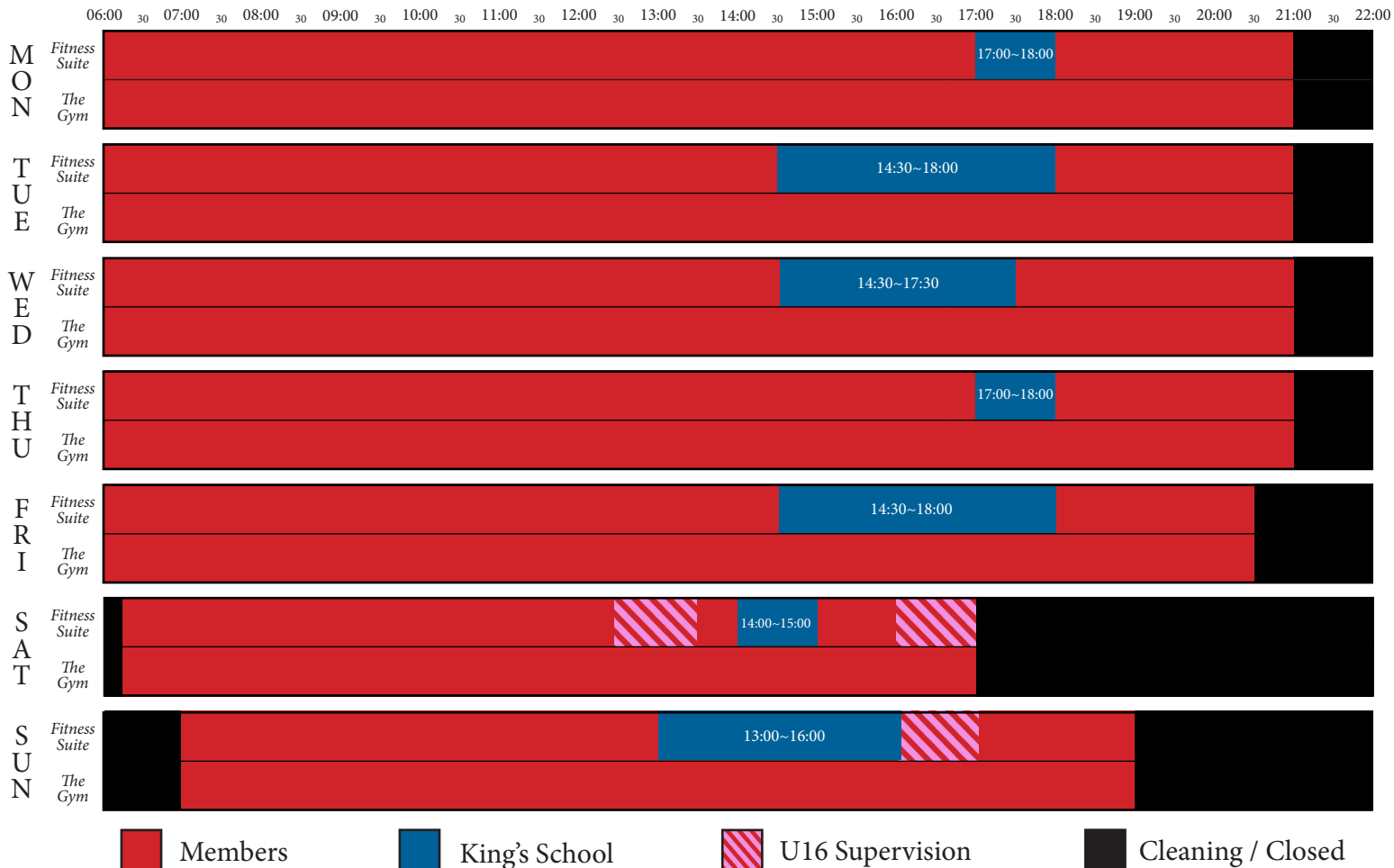


SWIMMING POOL OPENING TIMES



Pre-Booking & Pre-Payment of your activity must be made before arriving at the Centre.

FITNESS AREA OPENING TIMES



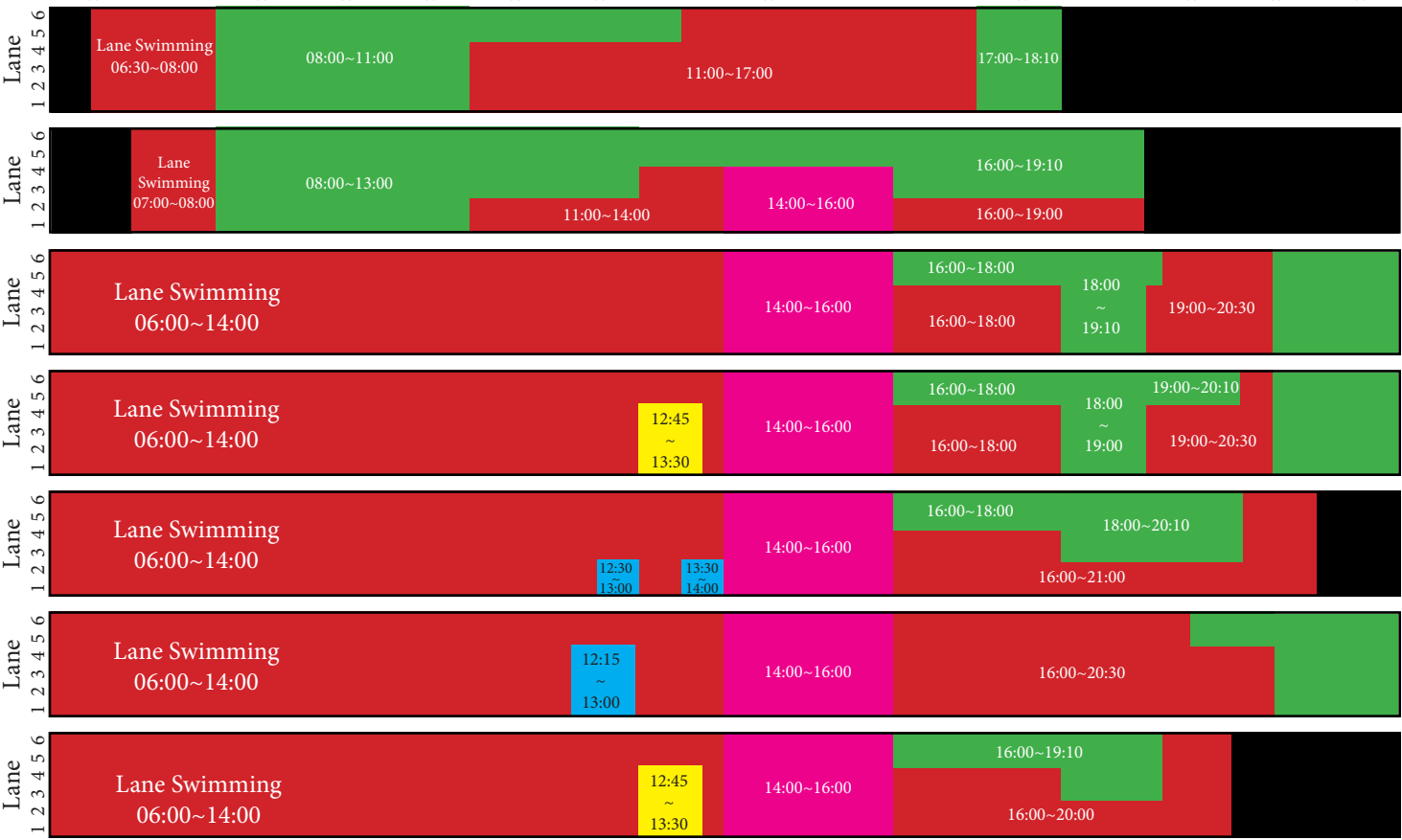
For regular Centre updates please visit our website at www.kingsrecreation.co.uk

OCTOBER SWIMMING POOL OPENING TIMES | Saturday 17th October - Friday 23rd October 2020

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

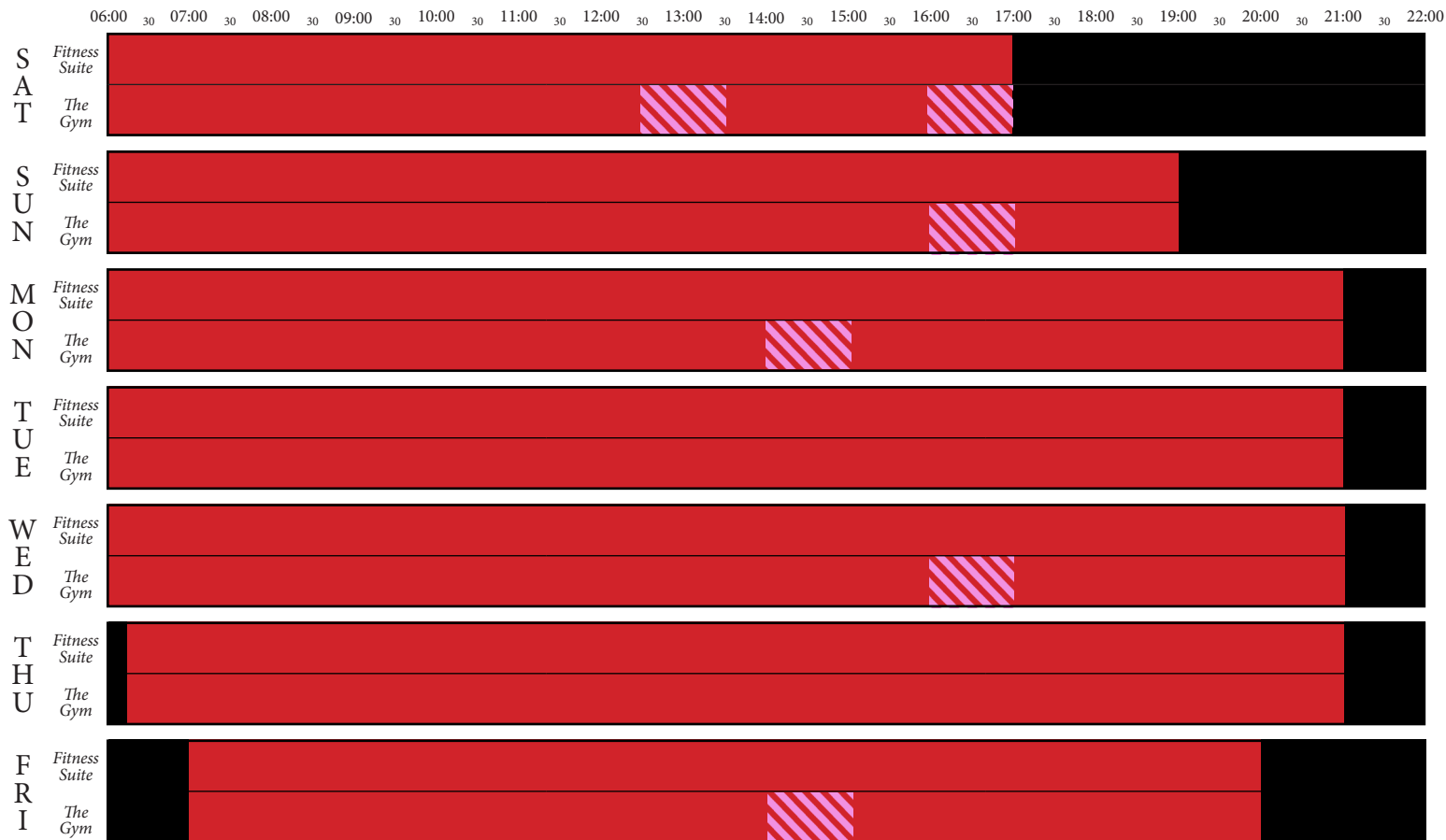
SAT
Lane
MON
Tue
Wed
Thu
Fri



Members Lessons Water Therapy Family Swim Sessions 50+ Aqua Cleaning / Closed

Pre-Booking & Pre-Payment of your activity must be made before arriving at the Centre.

FITNESS AREA OPENING TIMES



Members



U16 Supervision



Cleaning / Closed

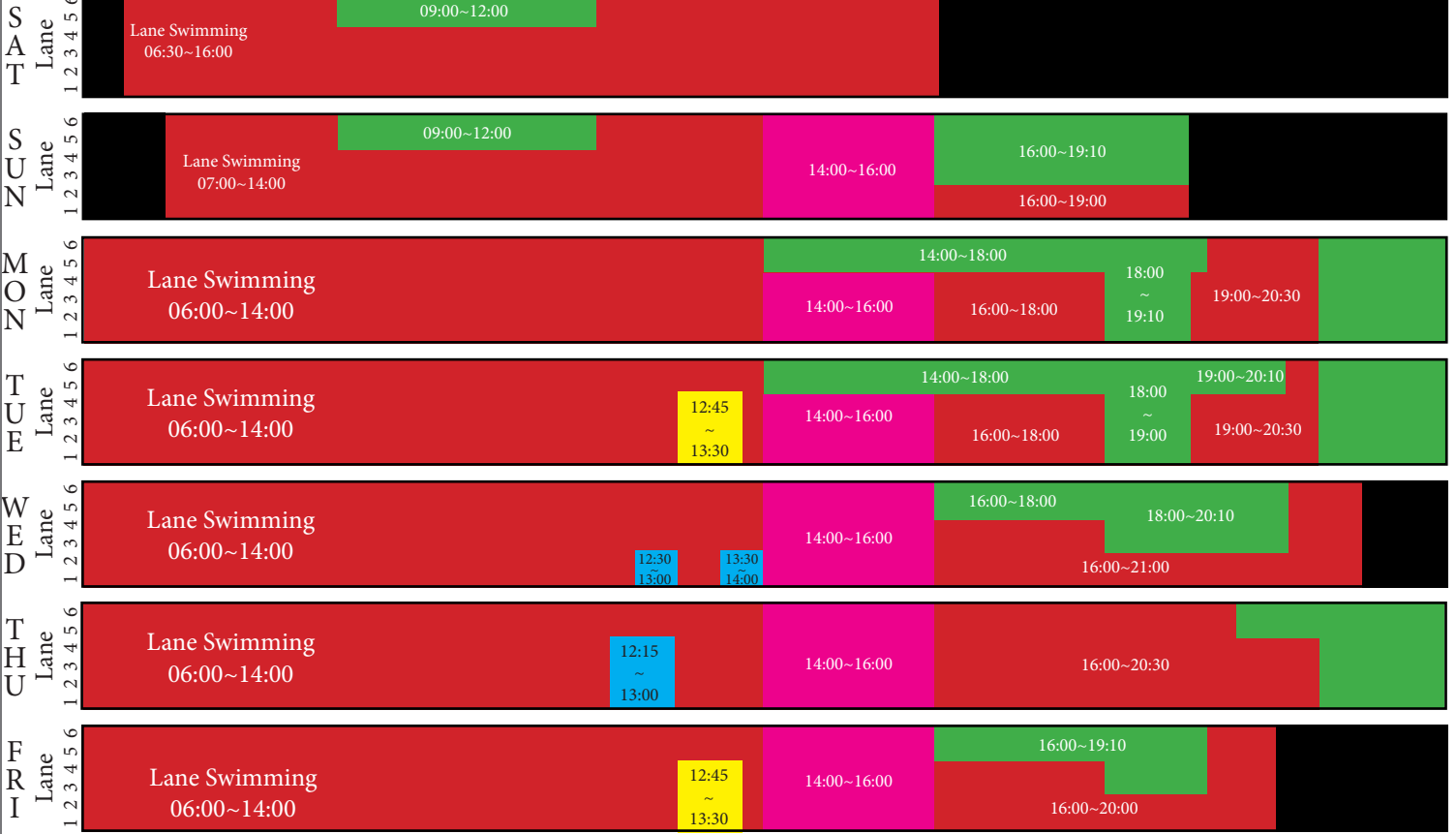
Please read our members email for possible timetable amendments.

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

OCTOBER SWIMMING POOL OPENING TIMES | Saturday 24th October - Sunday 1st November 2020

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

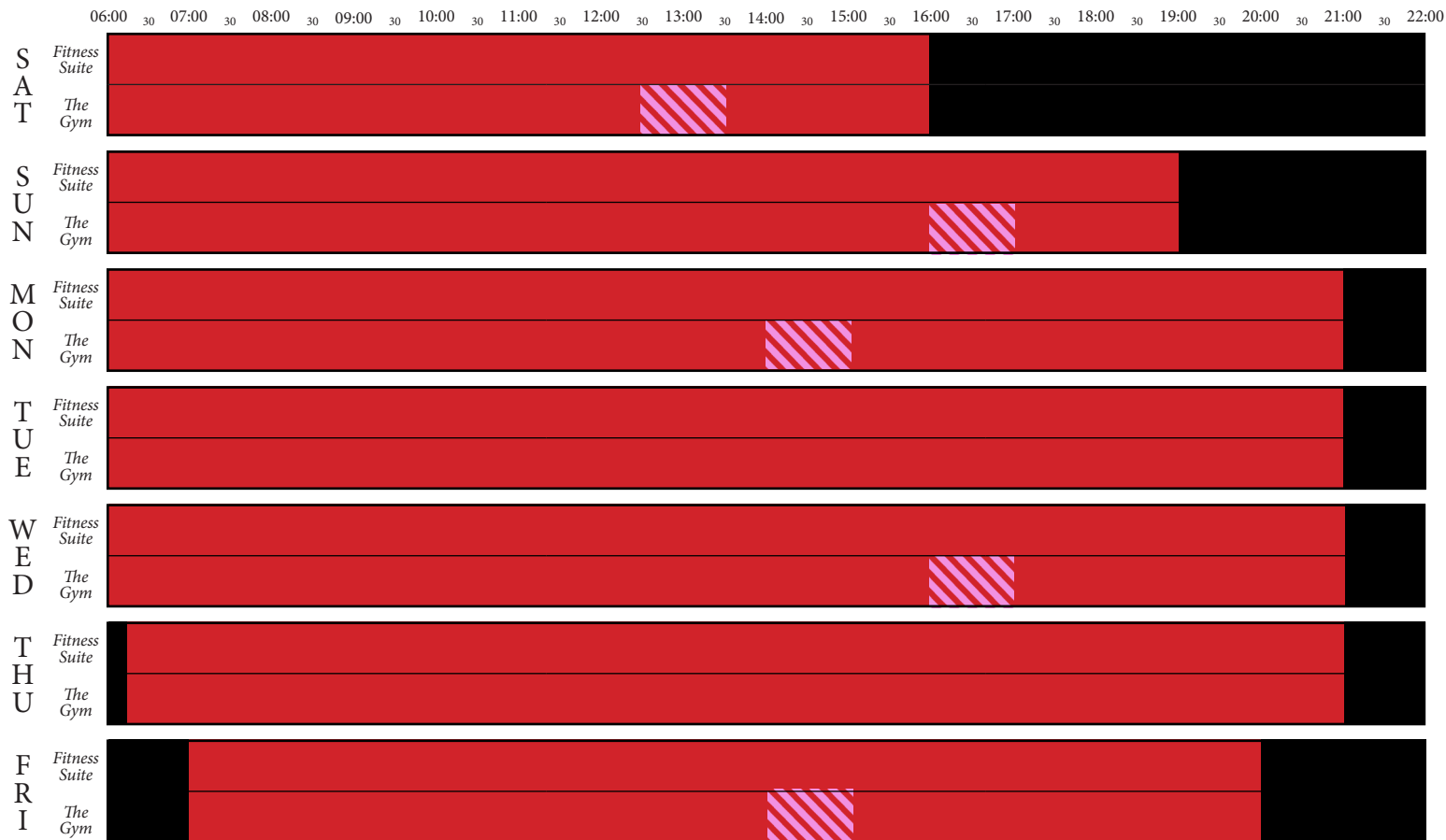
WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO | WEEK TWO



■ Members
 ■ Lessons
 ■ Water Therapy
 ■ Family Swim Sessions
 ■ 50+ Aqua
 ■ Cleaning / Closed

The weekend opening times of the 31st October & 1st November will be the same as the 24th & 25th October

FITNESS AREA OPENING TIMES



Members



U16 Supervision



Cleaning / Closed

Please read our members email for possible timetable amendments.

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Fitness Class Timetable

Monday

06:30-07:30	Virtual Studio Cycling
07:30-08:30	Yoga
10:00-11:00	Functional Fitness
10:00-11:00	50+ Aerobics
11:30-12:30	Assisted Exercise Class
12:30-13:30	Virtual Studio Cycling
13:00-14:00	Active For Life Circuits
18:30-19:15	Ab Attack
18:30-19:15	Ultimate HIIT
19:15-20:15	Spin Fit (Performance Coach by Colour)

Tuesday

06:30-07:30	Virtual Studio Cycling
10:00-11:00	Total Body Conditioning
11:00-12:00	50+ Functional
11:30-12:30	Mat Pilates
12:30-13:30	Virtual Studio Cycling
12:45-13:30	50+ Aqua
13:00-13:45	Seated Yoga
18:15-19:15	Studio Cycling (Coach by Colour)
18:15-19:15	Functional Fitness
19:30-20:15	Ultimate HIIT
19:30-20:00	Stretch
19:45-20:45	Virtual Studio Cycling

Wednesday

06:30-07:30	Virtual Studio Cycling
07:30-08:30	Yoga
11:00-12:00	X-Fit
11:30-12:30	Mat Pilates
12:15-12:45	Stretch
12:30-13:00	Water Therapy (Introduction)
12:30-13:30	Virtual Studio Cycling
13:30-14:00	Water Therapy (Shallow)
18:30-19:30	X-Fit
18:30-19:30	Studio Cycling (Coach by Colour)
19:30-20:00	Stretch
19:45-20:45	Virtual Studio Cycling

Thursday

06:30-07:30	Virtual Studio Cycling
09:30-10:30	Yoga
10:00-11:00	50+ Circuits
11:00-12:00	Yoga
12:15-13:00	Water Therapy (Shallow & Deep)
12:30-13:30	Virtual Studio Cycling
13:00-14:00	Active For Life Circuits
18:15-19:15	Studio Cycling (Classic)
19:30-20:30	X-Fit
19:45-20:45	Virtual Studio Cycling

Friday

06:30-07:30	Virtual Studio Cycling
07:30-08:30	Yoga
11:00-12:00	Functional Fitness
12:30-13:15	Assisted Exercise Class
12:30-13:30	Virtual Studio Cycling
12:45-13:30	50+ Aqua

Saturday

07:30-08:30	Virtual Studio Cycling
09:00-10:00	Studio Cycling (Coach by Colour)
10:00-10:45	Ab Attack
11:15-12:15	Total Body Conditioning

Sunday

07:30-08:30	Virtual Studio Cycling
09:30-10:30	Studio Cycling (Classic)
11:00-12:00	Functional Fitness
12:30-13:30	Virtual Studio Cycling
16:45-17:45	Yoga

50+ Classes

Body & Mind

Exercise Referral

Intense Fitness

Shape & Core

Strength & Conditioning

