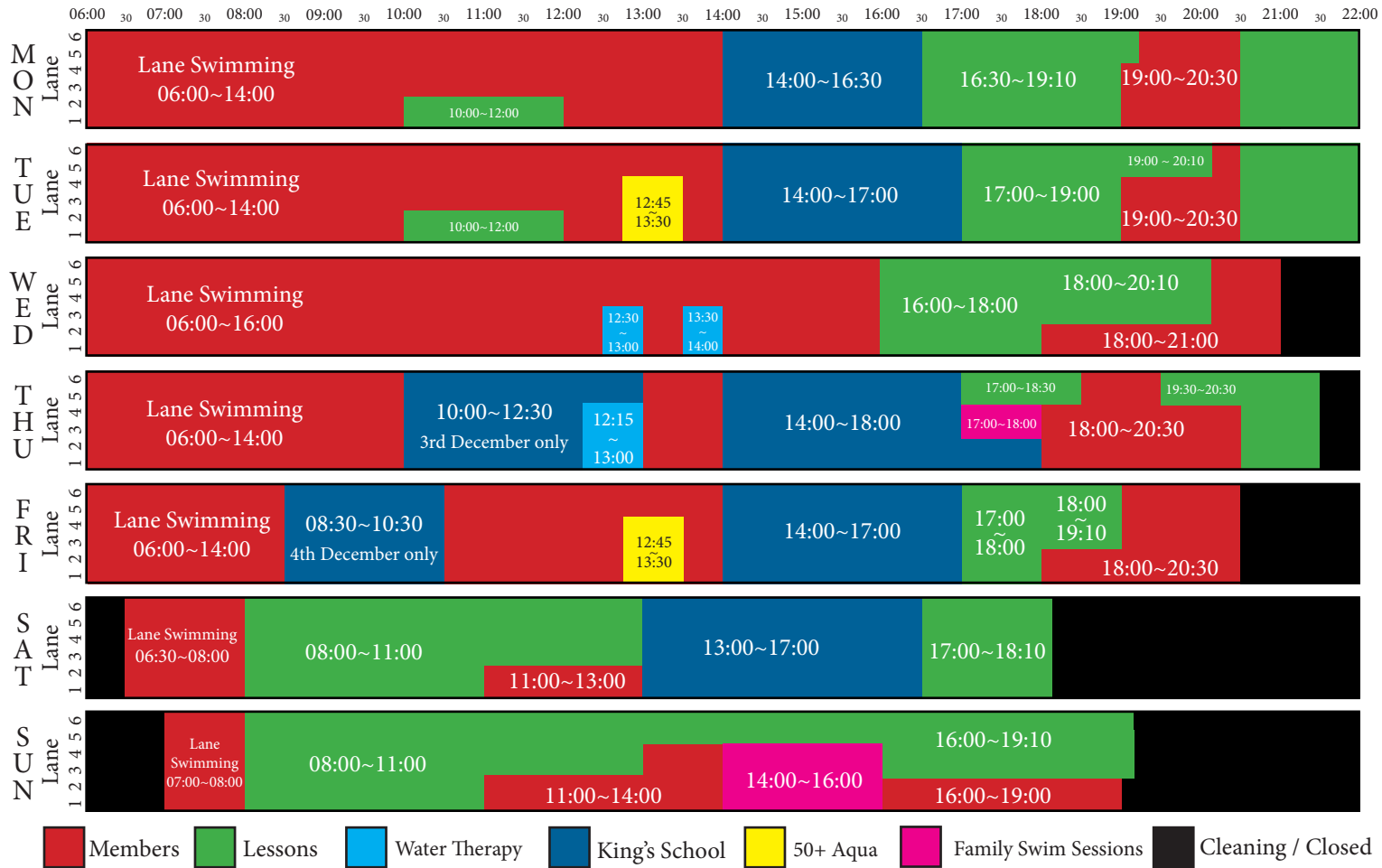
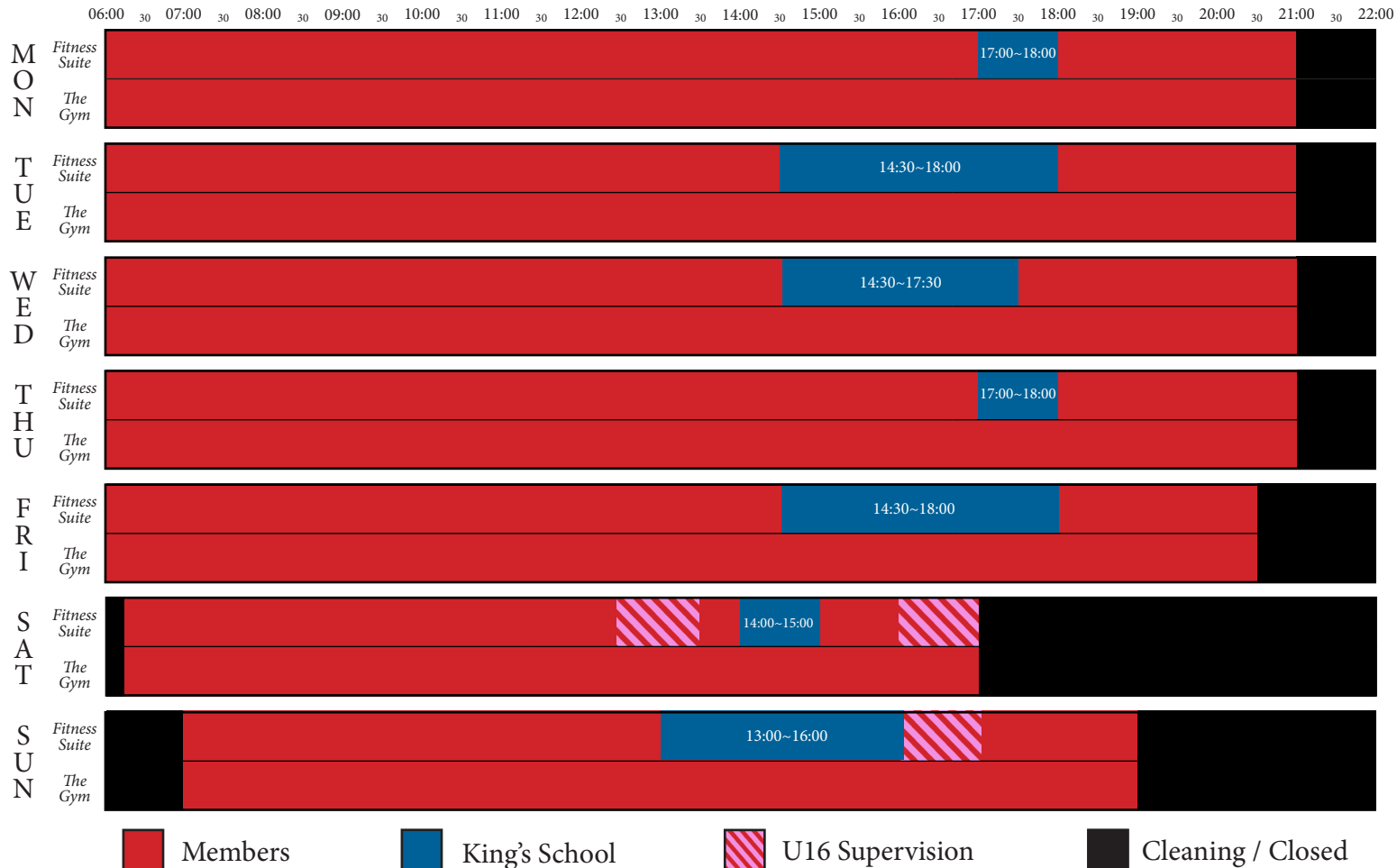


# SWIMMING POOL OPENING TIMES | WEDNESDAY 2nd - FRIDAY 11th DECEMBER 2020



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

# FITNESS AREA OPENING TIMES | WEDNESDAY 2nd - FRIDAY 11th DECEMBER 2020



For regular Centre updates please visit our website at [www.kingsrecreation.co.uk](http://www.kingsrecreation.co.uk)

# 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

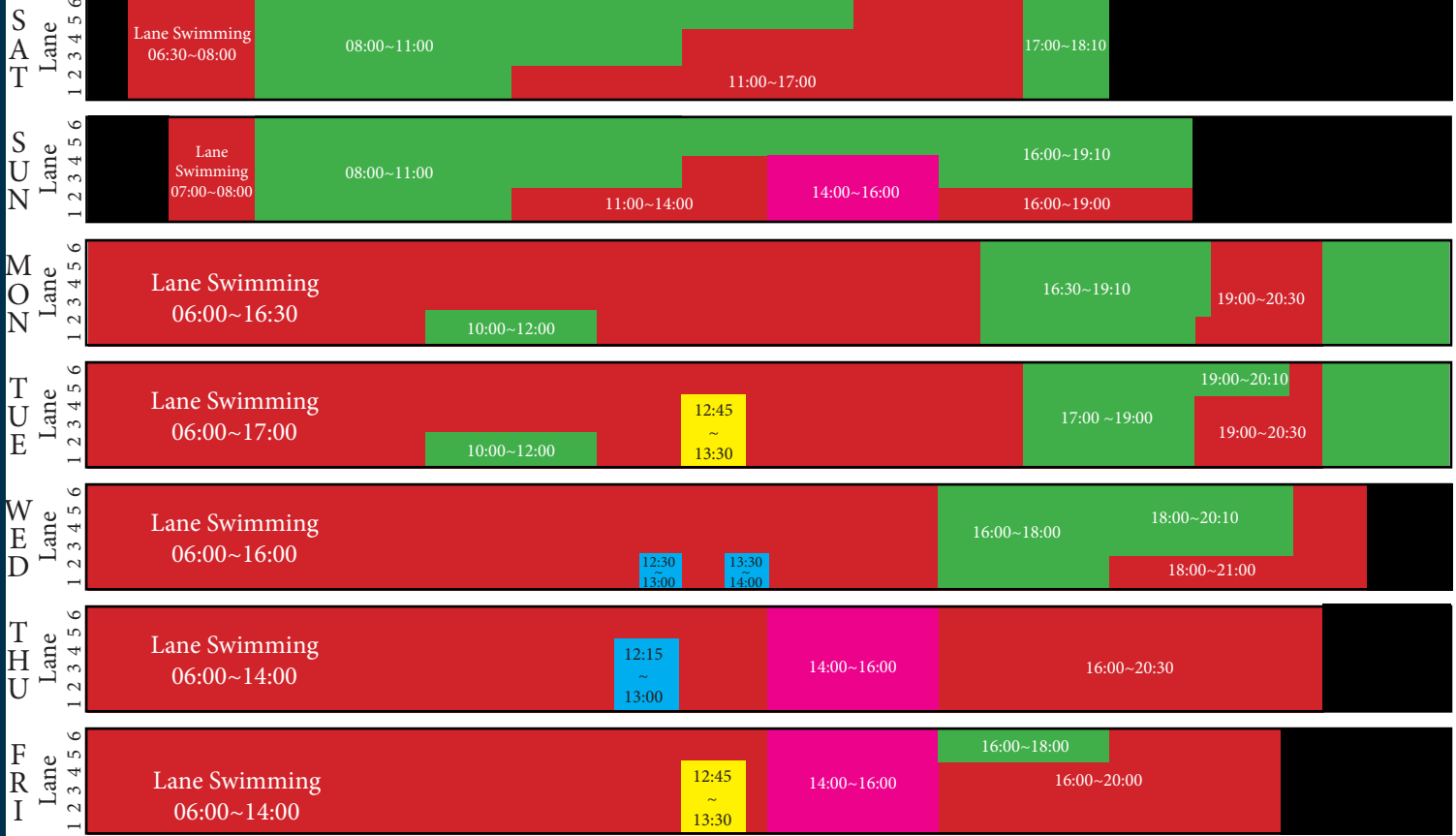
Strength & Conditioning



# CHRISTMAS SWIMMING POOL OPENING TIMES | Saturday 12th December - Friday 18th December 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

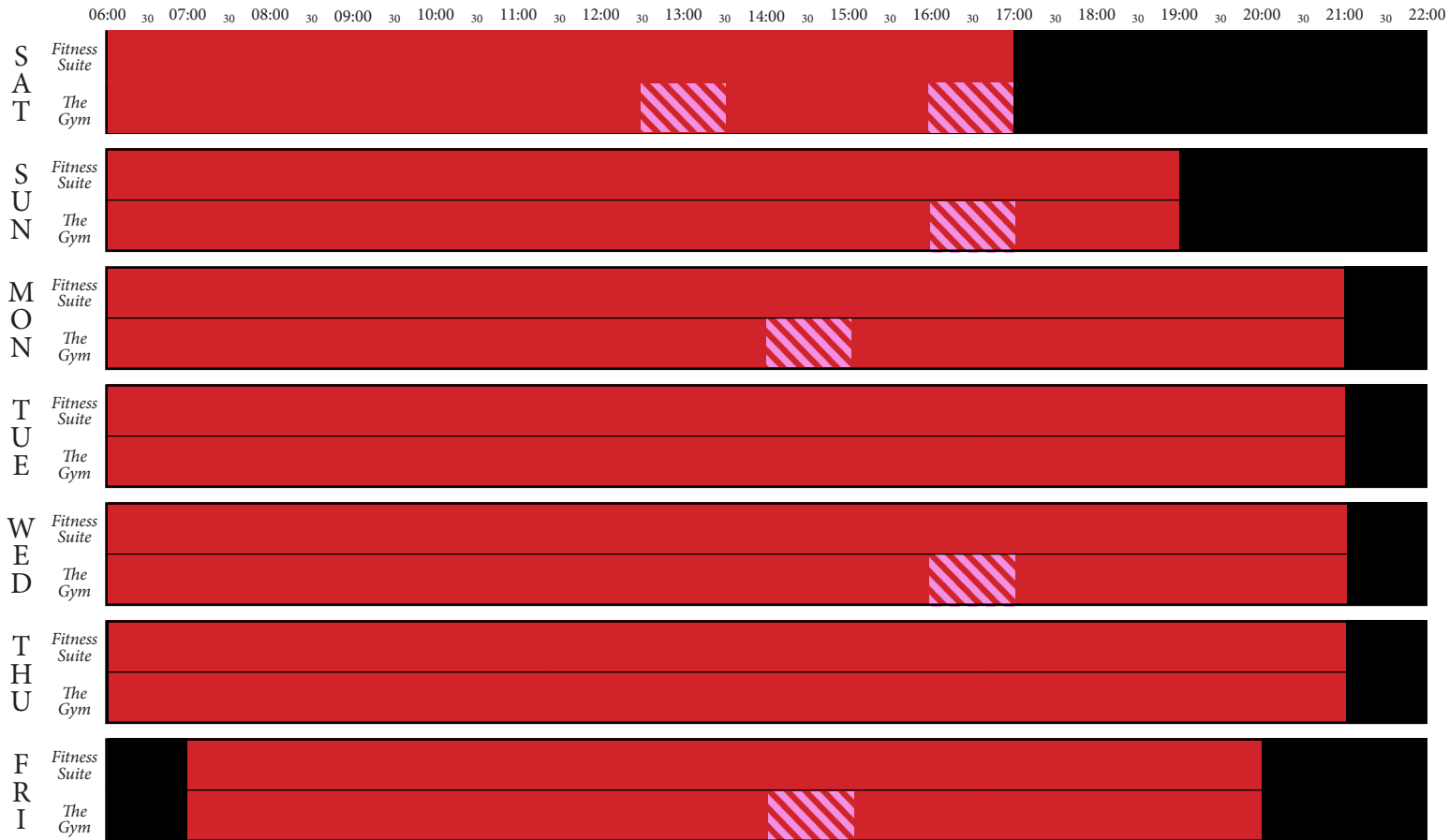
WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE | WEEK ONE



■ 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.*

# CHRISTMAS FITNESS AREA OPENING TIMES | Saturday 12th December - Friday 18th December 2020



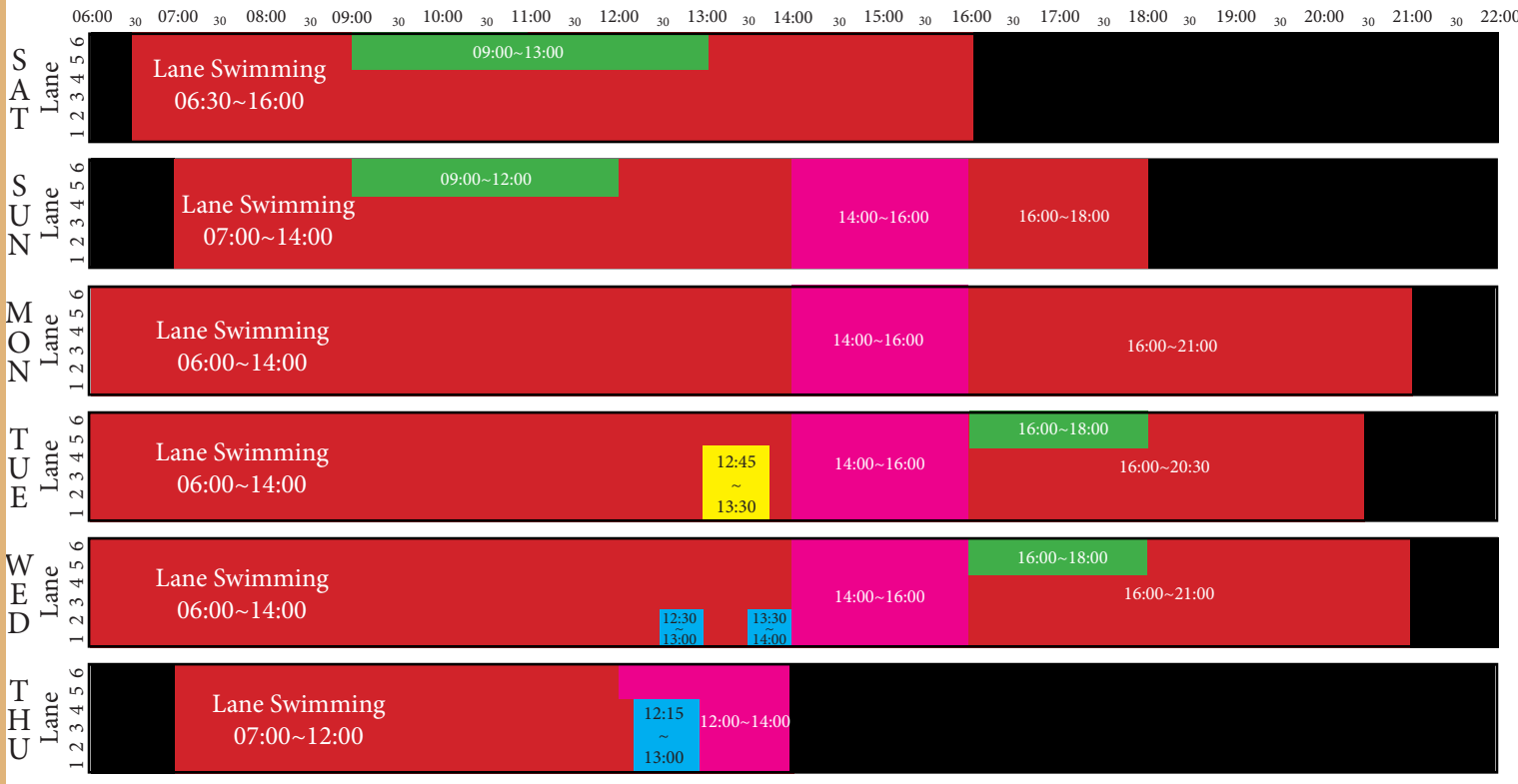
Members
  U16 Supervision
  Cleaning / Closed

*Please read our members email for possible timetable amendments.*

*For regular Centre updates please visit our website at [www.kingsrecreation.co.uk](http://www.kingsrecreation.co.uk)*

# CHRISTMAS SWIMMING POOL OPENING TIMES | Saturday 19th December - Friday 25th December 2020

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

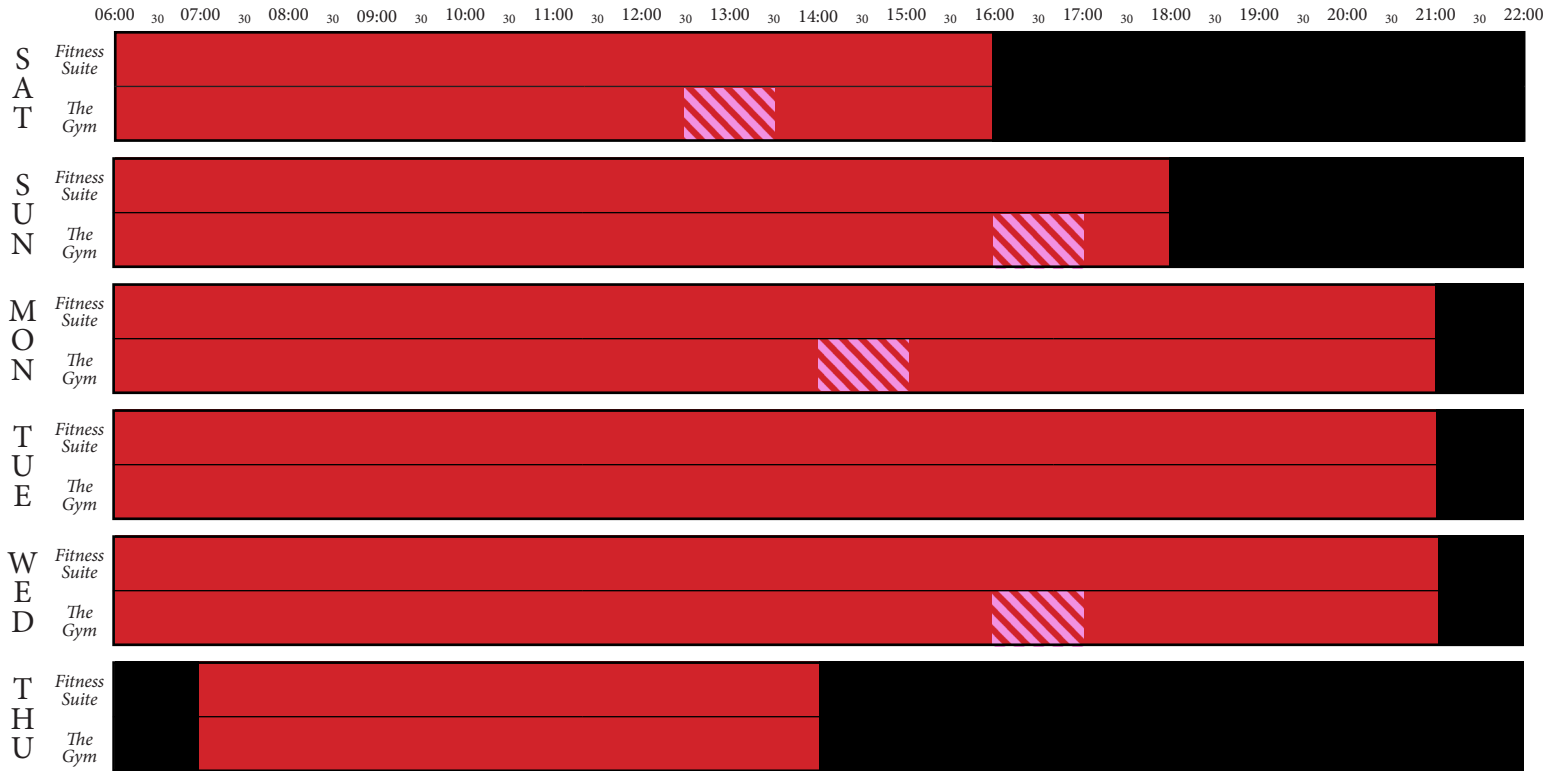


**The Centre will be closed from Friday 25th December - Monday 28th December 2020**

- 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.*

# CHRISTMAS FITNESS AREA OPENING TIMES | Saturday 19th December - Friday 25th December 2020



**The Centre will be closed from Friday 25th December - Monday 28th December 2020**

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](http://www.kingsrecreation.co.uk)*

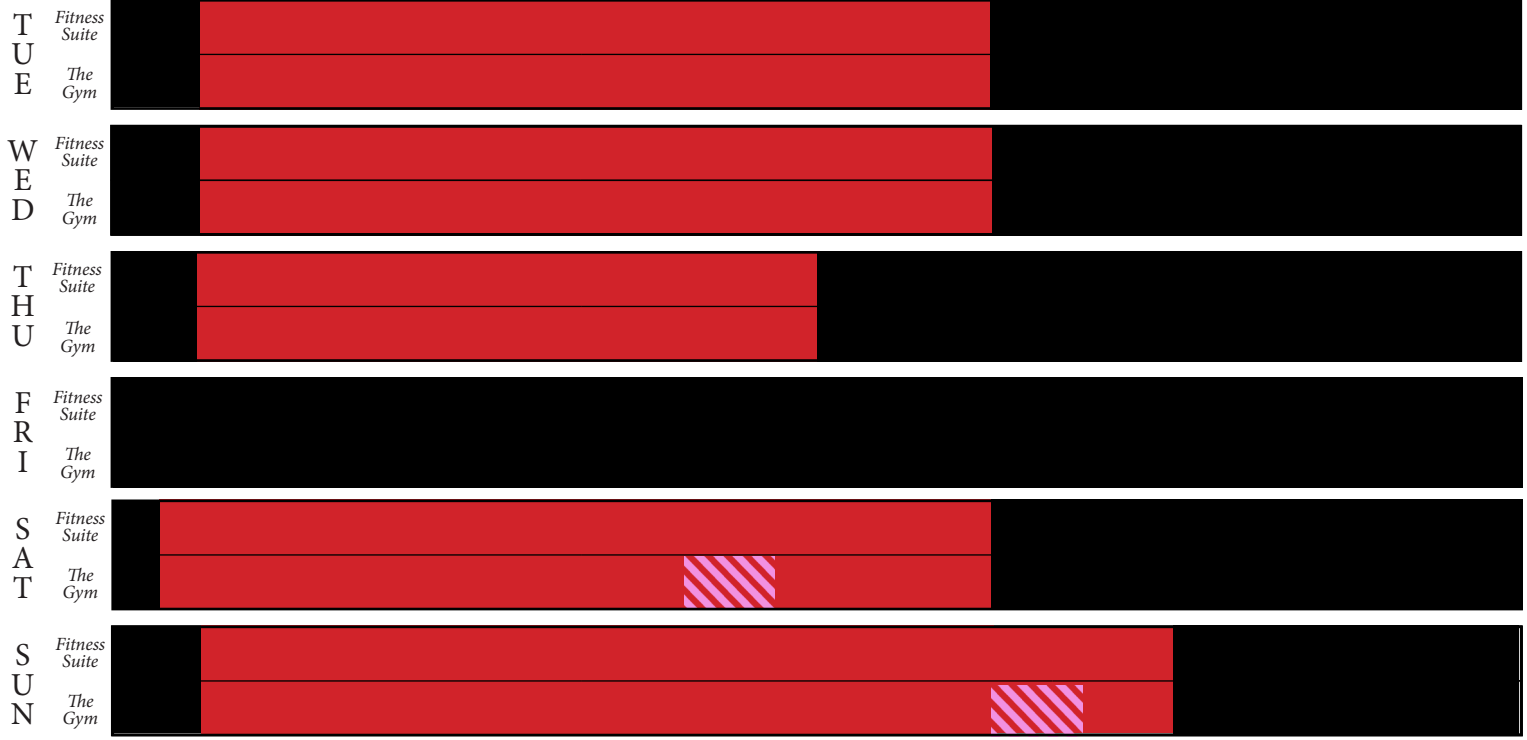




# CHRISTMAS FITNESS AREA OPENING TIMES | Tuesday 29th December - Sunday 3rd January 2021

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

**The Centre will be closed from Friday 25th December - Monday 28th December 2020**



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](http://www.kingsrecreation.co.uk)*

# 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
07:30-08:30	Yoga
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
19:30-20:00	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)
12:30-13:00	Water Therapy (Shallow)
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)
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
11:15-12:00	Ab Attack

## 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

