

# Sennocke Centre Programme (Members and Non-Members)

## Wednesday 17<sup>th</sup> April – Sunday 26<sup>th</sup> May 2024

ACTIVITY	Monday *	Tuesday	Wednesday	Thursday	Friday	Saturday *	Sunday *
<b>FITNESS SUITE</b> (Members only)	18.00 – 21.45	18.00 – 21.45	18.00 – 20.45	18.00 – 21.45	18.00 – 20.45	16:00 – 17:45	08:00 – 17:45
Please Note: Gym inductions are mandatory before your initial visit. To arrange please email <a href="mailto:sennockesport@sevenoaksschool.org">sennockesport@sevenoaksschool.org</a>							
<b>STUDIO CLASSES</b> (Members & Non-Members)		Cycling 17.30 – 18.15 Spaces : 5  Circuits 18.30 – 19.15 Spaces : 20	Core Fitness 18.30 – 19.15 Spaces : 8	Cycling 17.30 – 18.15 Spaces : 5	Suspension Training 18.00 – 18.45 Spaces : 5	Bootcamp 08.00 – 08.45 Spaces : 20	
<b>SWIMFIT</b> (Lane Swimming) (Members & Non-Members)	07:45 – 08:30	07:45 – 08:30	18:30 – 19:30 ( 5 Lanes available )			08:00 – 08:45	13:00 – 14:00
<b>TENNIS</b>	<b>MEMBERS ONLY :</b> Please call 01732 467750 for on the day availability of <u>Outdoor Tennis courts</u> <b>MEMBERS &amp; NON-MEMBERS :</b> Term time tennis courses also available – please see website for details						
<b>Non-Member Price List:</b>	Fitness Classes – 10 sessions £70.00 / 5 sessions £35.00 Swimfit Sessions - 10 sessions £50.00 / 5 sessions £25.00 Membership - £28 per month (SEE MEMBER ELIBILITY BELOW) Card payment can be made at reception						
<b>* EXCEPTIONS</b>	<b>Monday 6<sup>th</sup> May 2024 : Opening and Closing times are subject to change</b> <b>Sunday 12<sup>th</sup> and Saturday 18<sup>th</sup> May 2024 : The Sennocke Centre will be closed for School events</b>						

**MEMBERS ELIGIBILITY:** Former students (OS), parents and former parents.

Timetables and course information can be found via the QR code or on our website: <https://www.sennockecentre.co.uk/home/>

**\*\*ALL STUDIO CLASSES MUST BE PRE-BOOKED (UP TO 7 DAYS PRIOR) BY EMAIL ONLY**

**TO BOOK EMAIL : [SENNOCKESPORT@SEVENOAKSSCHOOL.ORG](mailto:SENNOCKESPORT@SEVENOAKSSCHOOL.ORG) \*\***

