

Day	Opening Hours	Members Swim			Fitness Session		
		Morning	Lunchtime	Evening	Member Times	Supervised sessions	Classes
Monday	0800 – 2200	0800-0900 21 Oct only	1430-1530		0800 – 2200		<u>Agility circuits 0800-0830 (DS)</u> Excluding 21st Oct <u>Core 0830-0900 (DS)</u> Excluding 21st Oct
Tuesday	0800 – 2200	0800-0900 22 Oct only	1315-1415 22 Oct only		0800 – 2200		<u>HIIT 0800-0830 (TP)</u> <u>Ab Blast 0830-0900 (TP)</u>
Wednesday	0800 – 2200	0830-0930 Swimfit			0800 – 2200	<u>Staff/Member Induction 1730-1800</u> <u>Boarders Class 2000-2100 (AG)</u>	<u>BW resistance 0800-0830 (DS)</u> Excluding 23rd Oct <u>Fitball 0830-0900 (DS)</u> Excluding 23rd Oct <u>Boot Camp 1800 – 1845 (TP)</u>
Thursday	0800 – 2200				0800 – 2200	Yr 7&8 Supervised Circuit 0900-1000 (AG)	Intermediate Weights 0800-0830 (TP)
Friday	0800 - 2100	0830-0930 Swimfit			0800 - 2100	Yr 9&10 Supervised Circuit 0900-1000 (AG)	
Saturday	0800 – 2000	0800-0900 Excluding 12 Oct	1315-1415		0800 – 2000	<u>Sixth Form Induction 1130-1200</u>	<u>Boxfit 0800 – 0830 (TP)</u> <u>Stretch & Flex 08300 – 0900 (TP)</u>
Sunday	0900 - 2100		1315 - 1600 Members, Family & Boarders		0900 - 2100		

Day	Opening Hours	Members Swim			Fitness Session			Classes
		Morning	Lunchtime	Evening	Morning	Lunchtime	Evening	
Monday	0700 – 2200	0700 – 0815			0700 – 0900	1230 - 1400	1815 – 2200	Agility circuits 0730-0800 (DS) Core 0800-0830 (DS)
Tuesday	0700 – 2200	0700 – 0815		2030 - 2130 Swimfit	0700 – 0900	1230 - 1400	1815 – 2200	HIIT 0730-0800 (TP) Ab blast 0800-0830 (TP)
Wednesday	0700 – 2200	0830 - 0930 Swimfit		2015 - 2115 Swimfit	0700 – 0900	1230 – 1400	1815 – 2200 <u>Staff/Member Induction</u> 1730-1800 (AG)	BW resistance 0730-0800 (DS) Fitball 0800-0830 (DS) Bootcamp 1800-1845 (TP) Boarders Class 2000-2100 (AG)
Thursday	0700 – 2200			1900 - 2000 Swimfit	0700 – 0900	1230 - 1400	1815 – 2200	Intermediate weights 0800-0830 (TP) 31 Oct no class
Friday	0700 - 2100	0830 - 0930 Swimfit			0700 – 0900	<u>6th Form Induction</u> 1130-1200 (AG)	1815 – 2100	
Saturday	*0800 – 2000	0800 – 0900	1315-1415 23 Nov Only		0800 – 1130		1700 - 2000	BoxFitness 0800-0830 (TP) Stretch & Flex 0830-0900 (TP) 2 Nov no classes
Sunday	0900 - 2100		**1315 - 1600 Members, Family & Boarders		0900 - 2100			

KEY DATES

***Saturday 2 November** the Sennocke centre will be closing at 1700 due to fireworks night event.

Saturday 23 November the Gym is open to members 0800-2000 (Exeat).

INFORMATION

Members swim will be updated should times become available.

**3 & 10 November there will be 3 lanes available for member swim.

General Information

LAST ENTRY & RECEPTION CLOSE- 30 mins prior to closure