

Sennocke Centre Programme (Members and Non-Members)

Monday 6th January – Sunday 16th February

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FITNESS SUITE (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 sennockesport@sevenoaksschool.org

STUDIO CLASSES (Members and Non-Members) ** All classes must be pre-booked **	Bootcamp 07:45 – 08:15 Spaces : 20	Circuits 18:45 - 19:30 Spaces : 20	Boxercise 07:45 – 08:30 Spaces : 20	Hybrid Training 07:45 – 08:30 Spaces : 20	Hybrid Training 07:45 – 08:30 Spaces : 20	Bootcamp 08:30 – 09:15 Spaces : 20	Boxercise 09:30 – 10:15 Spaces : 20
			Indoor Cycling 18:00 – 18:45 Spaces : 6	Kick Boxing * 19:15 – 20:00 Spaces : 20	Suspension Training 18:00 - 18:45 Spaces : 5		

SWIMFIT (Lane Swimming) (Members and Non-Members)	07:30 - 08:30	07:30 - 08:30	18:30 - 19:30 (5 Lanes available)			08:00 - 08:45	08:00 – 08:45
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FAMILY SWIM							13:00 – 14:00
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TENNIS	MEMBERS ONLY : Please call 01732 467750 for on the day availability of courts MEMBERS & NON-MEMBERS : Term time tennis courses also available – please see website for details						
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* EXCEPTIONS	THURSDAY 13 FEBRUARY – KICKBOXING CANCELLED
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Non-Member Price List:	Fitness Classes - 10 sessions £70:00 or 5 sessions £35:00 // Swimfit Sessions - 10 sessions £50:00 or 5 sessions £25:00 Membership - £28 per month (SEE MEMBER ELIBILITY BELOW) Family Swim - £15 per session (up to a maximum 2 adults + 3 children) Card payment can be made at reception
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**** ALL STUDIO CLASSES MUST BE PRE-BOOKED (UP TO 7 DAYS PRIOR) BY EMAIL ONLY ****

TO BOOK EMAIL : SENNOCKESPORT@SEVENOAKSSCHOOL.ORG

MEMBERS ELIGIBILITY: Former students (OS), current 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/>

