

# **Sennocke Centre Programme (Members and Non-Members)** **Monday 2<sup>nd</sup> June – Friday 27<sup>th</sup> June 2025**

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> Class descriptions can be found on our website  <b>** All classes must be pre-booked **</b> (Ages 16+)	<b>Bootcamp</b> 07.30 – 08:00 Spaces : 20  <b>*Hybrid Training</b> 19.15 – 20:00 Spaces : 20	<b>Boxercise</b> 07.30 – 08:00 Spaces : 20  <b>Circuits</b> 19.15 – 20:00 Spaces : 20	<b>Sweat and Shape</b> 07.30 – 08:00 Spaces : 10	<b>HIIT</b> 07.30 – 08:00 Spaces : 20  <b>Kick Boxing</b> 19.15 – 20:00 Spaces : 20	<b>Suspension Strength Training</b> 07.30 – 08:00 Spaces : 6  <b>*Body Blast</b> 19.15 – 20:00 Spaces : 20	<b>Bootcamp</b> 08:30 – 09:15 Spaces : 20	<b>Boxercise</b> 10:30 – 11:15 Spaces : 20
<b>SWIMFIT</b> (Lane Swimming, ages 16+)	07:30 - 08:30	07:30 - 08:30	18:30 - 19:30 ( 5 Lanes available ) <b>No session 18 June</b>			08:00 - 08:45	08:00 – 08:45  14:30 – 15:30
<b>FAMILY SWIM</b>							13:00 – 14:00
<b>TENNIS</b>	<b>MEMBERS ONLY : Please call 01732 467750 for on the day availability of courts</b> <b>MEMBERS &amp; NON-MEMBERS : Term time tennis courses also available – please see website for details</b>						
<b>* EXCEPTIONS</b>	<b>Wednesday 18<sup>th</sup> – No Swimfit session</b> <b>Monday 23<sup>rd</sup> – No Hybrid Training</b> <b>Friday 27<sup>th</sup> June – No Body Blast Class</b> <b>Saturday 28<sup>th</sup> June - Sennocke Centre CLOSED for Founder's Day event</b>						
<b>Non-Member Price List:</b>	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						



**\*\*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)**

**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/>