

MEMBERS PROGRAMME

Wednesday 7th January – Sunday 15th February

MEMBERSHIP ELIGIBILITY *	ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	SWIM <i>(Lane Swimming)</i> (Age 16yrs+)	07:30 – 08:30	07:30 – 08:30				08:00 – 08:45	08:00 – 08:45
		19:00 – 20:00		18:30 – 19:30			13:15 – 14:15 <i>24th January ONLY</i>	13:30 – 14:30
	FAMILY FUN SWIM							14:30 – 15:30
Silver (incl) Gold (incl) Sennockian (incl)	FITNESS SUITE	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
							08:00 – 17:45 <i>24th January ONLY</i>	
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	FITNESS CLASSES (Age 16yrs+)	Bootcamp 06:45 – 07:15	Boxercise 06:45 – 07:15	Sweat & Shape 06:45 – 07:15	HIIT 06:45 - 07:15	LBT 06:45 – 07:15	Bootcamp 08:30 – 09:15	Boxercise 09:30 – 10:15
		Bootcamp 07:30 – 08:00		Sweat & Shape 07:30 – 08:00	HIIT 07:30 – 08:00	Core 07:30 - 08:00		
		** NEW ** Social Fitness <i>(Gym Floor)</i> 18:30 - 20:30	Circuits 18:45 – 19:30		Muay Thai 19:15 – 20:00	** NEW ** Social Fitness <i>(Gym Floor)</i> 18:30 - 20:30		
Silver (PAYG) Gold (incl) Sennockian (incl)	TENNIS COURTS	18:00 – 19:30	19:30 – 20:30		19:30 – 20:30	19:30 – 20:30	08:00 – 10:00	16:00 – 18:00
	BADMINTON COURTS	18:00 – 19:00			18:00 – 19:00			
	SQUASH COURTS	18:00 – 19:30	18:00 – 19:30	18:00 – 19:30	18:00 – 19:30	18:00 – 19:30		16:30 – 18:00

EXCEPTIONS / NOTICES

Check Sportskey for latest updates on pool / class / court bookings

MEMBERSHIP SIGN UP

To access the Fitness Suite, book classes / swim sessions / courts, sign up to our new members platform here : <https://portal.sportskey.com/venues/sevenoaks-memberships-camps-classes/memberships> or scan QR code

* Membership Eligibility – refer to your SportsKey account for PAYG Swim / Class / Court fees

