

# MEMBERS PROGRAMME

## Monday 23<sup>rd</sup> February – Thursday 2<sup>nd</sup> April

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>14<sup>th</sup> March ONLY</i>	13:00 – 14:00
	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 <i>14<sup>th</sup> March ONLY</i>	08:00 - 17:45
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 <i>(No class 14<sup>th</sup> March)</i> Functional Strength 10:00 – 10:45 <i>(No class 28<sup>th</sup> Feb &amp; 14<sup>th</sup> March)</i>	Boxercise 09:30 – 10:15 <i>(No class 8<sup>th</sup> March)</i>
		Bootcamp 07:30 – 08:00		Sweat & Shape 07:30 – 08:00	HIIT 07:30 – 08:00	Core 07:30 - 08:00		
		Social Fitness <i>(Gym Floor)</i> 18:30 - 20:30	Circuits 18:45 – 19:30 <i>(No class 24<sup>th</sup> Feb)</i>		Muay Thai 19:15 – 20:00	Social Fitness <i>(Gym Floor)</i> 18:30 - 20:30		

**FOR ALL THE LATEST TENNIS, BADMINTON, PICKLEBALL & SQUASH COURT AVAILABILITY,  
PLEASE CHECK SPORTSKEY (SHOWN UNDER 'PROGRAMS')**

NOTICIES	Easter weekend 3 <sup>rd</sup> to 6 <sup>th</sup> April: Sennocke Centre CLOSED
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MEMBERSHIP	<p><i>Please check Sportskey for all the latest updates on pool / class / court bookings</i></p> <p>Sign up for membership, scan the QR code, or visit: <a href="https://portal.sportskey.com/venues/sevenoaks-memberships-camps-classes/memberships">https://portal.sportskey.com/venues/sevenoaks-memberships-camps-classes/memberships</a></p>
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