

# MEMBERS PROGRAMME

Monday 16<sup>th</sup> February - Sunday 22<sup>nd</sup> February 2026

MEMBERSHIP ELIGIBILITY	ACTIVITY	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st	Sunday 22nd
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	SWIM <i>(Lane Swimming)</i> (Age 16yrs+)	07:30 – 08:30	07:30 – 08:30	07:30 – 08:30	07:30-08:30	07:30-08:30	08:00 – 08:45	08:00 – 08:45
		17:00 – 20:00		17:00 – 20:00	17:00-19:00		13:15 –14:15	13:00 – 14:00
	FAMILY FUN SWIM		12:30 – 13:30			11:30 – 12:30	10:30 – 12:00	14:30 – 15:30
Silver (incl) Gold (incl) Sennockian (incl)	FITNESS SUITE	07:30 - 20:45	07:30 - 20:45	07:30 - 20:45	07:30 - 20:45	07:30 - 20:45	08:00 - 17:45	08:00 - 17:45
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	STUDIO CLASSES (Age 16yrs+)	Bootcamp 07:30 – 08:15	Boxercise 07:30 – 08:15	HIIT 07:30 – 08:15	HIIT 07:30 – 08:15		Bootcamp 08:30 – 09:15 <b>** NEW **</b> Functional Strength 10:00 – 10:45	Boxercise 09:30 – 10:15
		Social Fitness 18:45 – 19:30	Circuits 18:45 – 19:30		Muay Thai 19:15 – 20:00	Social Fitness 18:45 – 19:30		
Bronze (PAYG) Silver (PAYG) Gold (incl) Sennockian (incl)	TENNIS COURTS	Please check Sportskey for the latest court availability shown under 'Programs'						
	BADMINTON COURTS							
	SQUASH COURTS							

**EXCEPTIONS** *Please note – expected Wi-Fi outages on site during half term – Swim, Class and court pre-booking is essential*

**MEMBERSHIP** *Please check Sportskey for all the latest updates on pool / class / court bookings*  
 Sign up for access to the Fitness Suite, book classes, swim sessions, courts, scan the QR code, or visit:  
<https://portal.sportskey.com/venues/sevenoaks-memberships-camps-classes/memberships>

