

# MEMBERS PROGRAMME

## Wednesday 22<sup>nd</sup> April – Friday 22<sup>nd</sup> May

MEMBERSHIP ELIGIBILITY *	ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (Closed 10 May)
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>2<sup>nd</sup> May ONLY</i>	13:00 – 14:00
	FAMILY FUN SWIM						14:30 – 15:30 <i>2<sup>nd</sup> May ONLY</i>	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>2<sup>nd</sup> May ONLY</i>	08:00 - 17:45
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	FITNESS CLASSES (Age 16yrs+)	Bootcamp 06:45 – 07:15	Yoga 06:30 – 07:15	Sweat & Shape 06:45 – 07:15	HIIT 06:45 - 07:15	LBT 06:45 – 07:15	Bootcamp 08:30 – 09:15	HIIT 09:30 – 10:15 (No Class 3 May)
		Bootcamp 07:30 – 08:00	Yoga 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	Yoga 20:00 – 21:00				
Silver (PAYG) Gold (incl) Sennockian (incl)	<b>FOR ALL THE LATEST TENNIS, BADMINTON, PICKLEBALL &amp; SQUASH COURT AVAILABILITY, PLEASE CHECK SPORTSKEY (SHOWN UNDER ‘PROGRAMS’)</b> <i>All Tennis now on Outdoor Courts (public exams in tennis hall)</i>							

### EXCEPTIONS / NOTICES

*Sunday 10 May : Sennocke Centre Closed (School campus event)*  
*Saturday 23 May : Sennocke Centre Closed (School event)*  
*Latest updates on pool / class / court bookings can be found on Sportskey*

### MEMBERSHIP

*Please check Sportskey for all the latest updates on pool / class / court bookings*  
 Sign up for membership, scan the QR code, or visit: <https://portal.sportskey.com/venues/sevenoaks-memberships-camps-classes/memberships>

