

MEMBERS PROGRAMME

Sunday 24th May – Sunday 31st May 2026

MEMBERSHIP ELIGIBILITY	ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday <i>(Closed 23rd May)</i>	Sunday
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	SWIM <i>(Lane Swimming)</i> (Age 16yrs+)	08:00 – 10:00	07:30 – 10:00	07:30 – 10:00	07:30 – 10:00	08:00 – 10:00	08:00 – 08:45	08:00 – 08:45
		14:30 – 15:30	12:30 – 14:00 17:00 – 19:00	12:30 – 14:00 18:30 – 19:30	14:00 – 16:00	15:00 – 16:00	13:30 – 15:30	13:00 – 14:00
	FAMILY FUN SWIM	13:30 – 14:30	15:00 – 16:00	15:00 – 16:00		13:00 – 14:00	10:30 – 12:00	14:30 – 15:30
Silver (incl) Gold (incl) Sennockian (incl)	FITNESS SUITE	08:00 – 16:00	07:30 – 21:00	07:30 – 21:00	07:30 – 21:00	07:30 – 21:00	08:00 – 18:00	08:00 – 18:00
Bronze (PAYG) Silver (incl) Gold (incl) Sennockian (incl)	STUDIO CLASSES (Age 16yrs+)	Bootcamp 08:00 – 08:45	HIIT 07:30 – 08:15		HIIT 07:30 – 08:15	Legs & Core 07:30 – 08:15	Bootcamp 08:30 – 09:15	HIIT 09:30 – 10:15
		Bootcamp 09:00 – 09:45	Circuits 18:45 – 19:30		Bootcamp 19:15 – 20:00			
Bronze (PAYG) Silver (PAYG) Gold (incl) Sennockian (incl)	<p align="center">FOR ALL THE LATEST TENNIS, BADMINTON, PICKLEBALL & SQUASH COURT AVAILABILITY, PLEASE CHECK SPORTSKEY (SHOWN UNDER 'PROGRAMS')</p>							

EXCEPTIONS

- *Saturday 23 May Sevenoaks School Sennocke Centre Closed for School Event*

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>

