



# SUNDAY 28<sup>th</sup> JUNE – SUNDAY 12<sup>th</sup> JULY

## MEMBERS PROGRAMME

	SWIM <i>(Lane Swimming)</i>		FAMILY SWIM
Monday	07:30 – 10:00	19:00 – 20:00	13:00 – 14:00
Tuesday	07:30 – 10:00	13:00 – 14:00	
Wednesday	07:30 – 10:00 <i>No session 1<sup>st</sup> July</i>	18:30 – 19:30	14:00 – 15:00
Thursday	07:30 – 08:30  <i>Aqua Fitness</i> 08:45 – 09:30	12:30 – 14:00	
Friday	07:30 – 10:00		10:15 – 11:15
Saturday	08:00 – 08:45	13:15 – 14:15	14:30 – 15:30
Sunday	08:00 – 08:45	13:00 – 14:00	14:30 – 15:30 <i>No session on 5 &amp; 12 July</i>

### COURT BOOKINGS

OUTDOOR TENNIS / SQUASH / BADMINTON / PICKLEBALL  
FOR ALL COURT AVAILABILITY PLEASE CHECK SPORTSKEY  
(SHOWN UNDER 'PROGRAMS')

	FITNESS CLASSES			GYM
Monday	<b>Bootcamp</b> 06:30 - 07:15 07:30 – 08:15		<b>Social Fitness</b> <i>(Gym Floor)</i> 18:30 - 20:30	07:30 - 20:45
Tuesday	<b>Run Club</b> <i>(Outdoors)</i> 07:00 - 07:45 <i>No class 7<sup>th</sup> July</i>	<b>Yoga</b> 07:00 – 08:00	<b>Circuits</b> 18:45 - 19:30	07:30 - 20:45
Wednesday	<b>Sweat &amp; Shape</b> 06:30 - 07:15 07:30 – 08:15 <i>No Classes 1<sup>st</sup> July</i>		<b>Yoga</b> 19:30 - 20:30	07:30* - 20:45 <i>*(11:00 – 20:45 on 1<sup>st</sup> July)</i>
Thursday	<b>Hybrid</b> <i>(Outdoors)</i> 06:30 - 07:15 07:30 – 08:15	<b>** NEW **</b> <b>Beginner Run Club</b> <i>(Outdoors)</i> 06:45 – 07:30 <i>No class 9<sup>th</sup> July</i>  <b>Aqua Fitness</b> <i>(Pool)</i> 08:45 – 09:30		07:30 - 20:45
Friday	<b>LBT</b> 06:30 - 07:15	<b>Core</b> 07:30 – 08:15		07:30 - 20:45
Saturday	<b>Bootcamp</b> <i>(Outdoors)</i> 08:30 - 09:15			08:00 - 17:45
Sunday				08:00 - 17:45

### EXCEPTIONS / NOTICES

*Indoor Tennis Courts Closed in July - September for essential building maintenance*  
*Sennocke Centre Opens at 1100 on Wednesday 1<sup>st</sup> July due to essential electrical maintenance.*

*Swim sessions and Fitness classes open to 16yrs+. Latest updates on pool / class / court bookings can be found on *