



SATURDAY 1st AUGUST – SUNDAY 30th AUGUST

MEMBERS PROGRAMME

	SWIM <i>(Lane Swimming)</i>		FAMILY SWIM
Monday	07:30 – 10:00 07:30 – 09:00 17/8 only	19:00 – 20:00	13:00 – 14:00 <i>No session 17/8</i>
Tuesday	07:30 – 10:00 07:30 – 09:00 18/8 only	13:00 – 14:00 <i>No session 18/8</i>	
Wednesday	07:30 – 10:00 07:30 – 09:00 19/8 only	18:30 – 19:30	14:00 – 15:00 <i>No session 19/8</i>
Thursday	07:30 – 08:30 Aqua Fitness 08:45 – 09:30 <i>No sessions 13/8 & 20/8</i>	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

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

	FITNESS CLASSES			GYM
Monday	Bootcamp 06:30 - 07:15 07:30 – 08:15 <i>No session 17/8</i>		Social Fitness <i>(Gym Floor)</i> 18:30 - 20:30 <i>No sessions 3/8 & 10/8</i>	07:30 - 20:45
Tuesday	Run Club ☀️ 07:00 - 07:45	Yoga 07:00 – 08:00 <i>No session 25/08</i>	Circuits 18:45 - 19:30 <i>No session 18/8</i>	07:30 - 20:45
Wednesday	Sweat & Shape 06:30 - 07:15 07:30 – 08:15 <i>No Session 12/8 & 19/8</i>		Yoga 19:30 - 20:30 <i>No session 26/08</i>	07:30 - 20:45
Thursday	Hybrid ☀️ 06:30 - 07:15 07:30 – 08:15 <i>No session 13/8</i>	Beginner Run Club ☀️ 06:45 – 07:30 Aqua Fitness <i>(Pool)</i> 08:45 – 09:30 <i>No Sessions 13/8 & 20/8</i>		07:30 - 20:45
Friday	LBT 06:30 - 07:15	Core 07:30 – 08:15		07:30 - 20:45
Saturday	Bootcamp ☀️ 08:30 - 09:15			08:00 - 17:45
Sunday	☀️ = <i>Outdoor Class</i>			08:00 - 17:45

EXCEPTIONS / NOTICES	Swim sessions and Fitness classes open to 16yrs+ Sennocke Centre CLOSED on Bank Holiday Monday 31 st August / Indoor Tennis Courts CLOSED for maintenance during August Latest updates on pool / class / court bookings can be found on SportsKey
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