MONDAY 2ND NOVEMBER – THURSDAY 10TH DECEMBER

MEMBERS PROGRAMME

	SWIM *Swim Sessions open to 16yrs+*	
Monday	07:30 – 08:30	19:00 – 20:00
Tuesday	07:30 – 08:30 Lane Swim 08:30 – 09:15 Aqua Fitness	*Staff only* *12:30 – 13:30*
Wednesday	*Staff only* *12:00 – 13:00* *4 & 18 Nov & 2 Dec*	18:30 – 19:30
Thursday	12:30 – 13:30	
Friday		
Saturday	08:00 – 08:45	Family Swim 14:30 – 15:30 *(21 Nov only)*
Sunday	08:00 – 08:45	13:00 – 14:00 Family Swim 14:30 – 15:30

	FITNESS CLASSES *Classes open to 16yrs+*			GYM **staff times*
Monday	Bootcamp 06:30 - 07:15	Bootcamp 07:30 - 08:15	Coach Led Fitness *(Gym Floor – drop in)* 18:00 - 20:00	06:30 - 07:15 18:00 - 21:45 **06:30 – 21:45*
Tuesday	Hatha Flow Yoga 07:00 – 08:00	Aqua Fitness *(Pool)* 08:30 – 09:15	Circuits 18:45 - 19:30	06:30 - 07:15 18:00 - 21:45 **06:30 – 21:45*
Wednesday	Sweat & Shape 06:30 - 07:15 No Session 4 Nov & 9 Dec	Bodytone 07:30 – 08:15 No Session 4 Nov & 9 Dec	Hatha Flow Yoga 19:30 - 20:30	06:30 - 07:15 18:00 - 20:45 **06:30 – 20:45*
Thursday	Hybrid 06:30 - 07:15 No Session 5 Nov	Hybrid 07:30 - 08:15 No Session 5 Nov	**NEW* Starting 12 Nov* Step 18:00 – 18:45 No session 10 Dec	06:30 - 07:15 18:00 - 21:45 **06:30 – 21:45*
Friday	Bodytone 06:30 - 07:15	Sweat & Shape 07:30 - 08:15	Coach Led Fitness *(Gym Floor – drop in)* 18:00 - 20:00 No session 13 Nov	06:30 - 07:15 18:00 - 20:45 **06:30 – 20:45*
Saturday	Bootcamp 08:30 - 09:15			08:00 - 12:00 16:00 - 17:45 **08:00 – 17:45*
Sunday				08:00 - 17:45 (all)

COURT BOOKINGS
TENNIS / SQUASH / BADMINTON / PICKLEBALL

FOR REGULAR AVAILABILITY PLEASE CHECK
SPORTSKEY / PROGRAMS
FOR ADHOC AVAILABILITY PLEASE EMAIL
SENNOCKESPORT@SEVENOAKSSCHOOL.ORG

EXCEPTIONS / NOTICES

SENNOCKE CENTRE CLOSURES:
FRIDAY 11TH DECEMBER
MONDAY 21st DECEMBER – SUNDAY 3rd JANUARY (inclusive)

Latest updates on pool / class / court bookings can be found on SportsKey

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