

Sennocke Centre Programme (Members and Non-Members)

Wednesday 17th April – Sunday 26th May 2024

ACTIVITY	Monday *	Tuesday	Wednesday	Thursday	Friday	Saturday *	Sunday *
FITNESS SUITE (Members only)	18.00 – 21.45 * Bank Holiday 08:00-12:00	18.00 – 21.45	18.00 – 20.45	18.00 – 21.45	18.00 – 20.45	16:00 – 17:45	08:00 – 17:45

Please Note: Gym inductions are mandatory before your initial visit. To arrange please email sennockesport@sevenoaksschool.org

STUDIO CLASSES (Members & Non-Members)		Cycling 17.30 – 18.15 Spaces : 5 Circuits 18.30 – 19.15 Spaces : 20	Core Fitness 18.30 – 19.15 Spaces : 8	Cycling 17.30 – 18.15 Spaces : 5	Suspension Training 18.00 – 18.45 Spaces : 5	Bootcamp 08.00 – 08.45 Spaces : 20	
SWIMFIT (Lane Swimming) (Members & Non-Members)	07:45 – 08:30	07:45 – 08:30	18:30 – 19:30 (5 Lanes available)			08:00 – 08:45	13:00 – 14:00
TENNIS	MEMBERS ONLY : Please call 01732 467750 for on the day availability of <u>Outdoor Tennis</u> courts MEMBERS & NON-MEMBERS : Term time tennis courses also available – please see website for details						

Non-Member Price List:	Fitness Classes – 10 sessions £70.00 / 5 sessions £35.00 Swimfit Sessions - 10 sessions £50.00 / 5 sessions £25.00 Membership - £28 per month (SEE MEMBER ELIBILITY BELOW) Card payment can be made at reception
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* EXCEPTIONS	* Monday 6th May 2024 : FITNESS SUITE OPENING HOURS : 08:00 – 12:00 * Sunday 12th and Saturday 18th May 2024 : The Sennocke Centre will be closed for School events
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MEMBERS ELIGIBILITY: Former students (OS), parents and former parents.

Timetables and course information can be found via the QR code or on our website: <https://www.sennockecentre.co.uk/home/>

****ALL STUDIO CLASSES MUST BE PRE-BOOKED (UP TO 7 DAYS PRIOR) BY EMAIL ONLY**

TO BOOK EMAIL : SENNOCKESPORT@SEVENOAKSSCHOOL.ORG **

