

# Studio Timetable

## Wolverton Swimming & Fitness Centre

Accurate as of 01/09/2024

Times for Friday 2 August			
Time	Session	Facility	
06:45 - 07:30	BoxFit	Main Studio	
08:15 - 09:00	Stretch	Main Studio	
09:00 - 09:45	Aquafit	Main Pool	
09:30 - 10:30	BODYPUMP <sup>TM</sup>	Main Studio	
10:00 - 10:45	Aquafit	Main Pool	
10:45 - 11:30	Pilates	Main Studio	
11:45 - 12:30	Body Conditioning	Main Studio	
12:45 - 13:30	Zumba	Main Studio	
18:00 - 18:45	Strong	Main Studio	
19:00 - 19:45	Yoga	Main Studio	