

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 17/08/2024

Times for Friday 23 August



Time	Session	Facility
06:45 - 07:30	BoxFit	Main Studio
08:00 - 08:45	Aquafit	Main Pool
08:15 - 09:00	Stretch	Main Studio
09:30 - 10:30	BODYPUMP™	Main Studio
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