

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 04/09/2024

Times for Monday 9 September



Time	Session	Facility
06:45 - 07:45	Yoga	Main Studio
08:15 - 09:30	Stretch	Main Studio
09:30 - 10:30	BODYBALANCE™	Main Studio
10:45 - 11:30	Aquafit	Main Pool
10:45 - 11:45	Body Conditioning	Main Studio
12:00 - 13:00	Pilates	Main Studio
13:15 - 14:00	Core	Main Studio
16:30 - 17:15	Pilates	Main Studio
17:30 - 18:15	Yoga	Main Studio
18:30 - 19:30	BODYPUMP™	Main Studio
19:45 - 20:45	Pilates	Main Studio