

# Studio Timetable

## Wolverton Swimming & Fitness Centre

Accurate as of 05/09/2024

### Times for Tuesday 10 September



| Time          | Session         | Facility    |
|---------------|-----------------|-------------|
| 06:45 - 07:30 | BootCamp        | Main Studio |
| 09:15 - 10:15 | 20/20/20        | Main Studio |
| 10:30 - 11:30 | BODYPUMP™       | Main Studio |
| 11:45 - 12:30 | Core            | Main Studio |
| 12:45 - 13:15 | Stretch         | Main Studio |
| 14:00 - 15:00 | Yoga            | Main Studio |
| 17:00 - 17:45 | BODYBALANCE™    | Main Studio |
| 18:00 - 18:45 | Strike Aerobics | Main Studio |
| 19:00 - 19:45 | Yoga            | Main Studio |
| 20:00 - 20:45 | BoxFit          | Main Studio |