

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 06/09/2024

Times for Thursday 12 September



Time	Session	Facility
06:45 - 07:30	BODYPUMP ™	Main Studio
08:30 - 09:15	Stretch	Main Studio
09:30 - 10:30	BODYBALANCE ™	Main Studio
10:45 - 11:45	Strike Aerobics	Main Studio
12:00 - 12:45	Body Conditioning	Main Studio
14:30 - 15:30	Yoga	Main Studio
15:45 - 16:45	Pilates	Main Studio
18:00 - 18:45	Zumba	Main Studio
18:00 - 19:00	Run club	Main Studio
19:00 - 20:00	BODYPUMP ™	Main Studio