

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 12/09/2024

Times for Wednesday 18 September



Time	Session	Facility
06:45 - 07:30	Yoga	Main Studio
08:15 - 09:05	Pilates	Main Studio
08:30 - 09:15	Aquafit	Main Pool
09:30 - 10:15	Body Conditioning	Main Studio
10:45 - 11:45	Zumba	Main Studio
11:30 - 12:15	Aquafit	Main Pool
12:00 - 12:45	Strike Aerobics	Main Studio
13:00 - 13:45	Pilates	Main Studio
14:00 - 14:45	BODYPUMP™	Main Studio
17:45 - 18:45	BODYBALANCE™	Main Studio
19:00 - 19:45	Step Aerobics	Main Studio
20:00 - 20:45	Aquafit	Main Pool
20:00 - 20:45	BootCamp	Main Studio