

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 24/11/2024

Times for Tuesday 19 November



Time	Session	Facility
06:45 - 07:30	BootCamp	Main Studio
08:00 - 09:00	Pilates	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