

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 23/11/2024

Times for Friday 29 November



Time	Session	Facility
06:45 - 07:30	BoxFit	Main Studio
08:15 - 09:00	Stretch	Main Studio
09:00 - 09:45	Aquafit	Main Pool
09:30 - 10:30	BODYPUMP™	Main Studio
10:00 - 10:45	Aquafit	Main Pool
10:45 - 11:30	Pilates	Main Studio
11:45 - 12:30	Body Conditioning	Main Studio
12:45 - 13:30	Zumba	Main Studio
18:00 - 18:45	Strong Zumba	Main Studio
19:00 - 19:45	Yoga	Main Studio