

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 24/04/2026

Times for Tuesday 28 April



| 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 |
| 12:30 - 13:15 | Stretch | Main Studio |
| 14:00 - 15:00 | Yoga | Main Studio |
| 17:15 - 18:00 | Body Conditioning | Main Studio |
| 18:00 - 18:45 | Strike Aerobics | Main Studio |
| 19:00 - 19:45 | Yoga | Main Studio |
| 20:00 - 21:00 | BoxFit | Main Studio |