

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 25/07/2026

Times for Tuesday 28 July			
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 TM	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	