

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 10/09/2026

Times for Thursday 10 September			
Time	Session	Facility	
06:45 - 07:30	BODYPUMP ™	Main Studio	
08:15 - 09:00	Stretch	Main Studio	
09:30 - 10:30	BODYBALANCE ™	Main Studio	
10:45 - 11:45	Step Aerobics	Main Studio	
12:00 - 12:45	Body Conditioning	Main Studio	
13:00 - 13:45	Core	Main Studio	
14:00 - 15:00	Yoga	Main Studio	
15:45 - 16:45	Pilates	Main Studio	
18:00 - 18:45	Zumba	Main Studio	
18:00 - 19:00	Run club	Outside	
19:00 - 20:00	BODYPUMP ™	Main Studio	