

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 10/09/2026

Times for Monday 14 September			
Time	Session	Facility	
06:45 - 07:45	Yoga	Main Studio	
08:15 - 09:00	Stretch	Main Studio	
08:30 - 09:15	Aquafit	Main Pool	
09:30 - 10:30	BODYBALANCE ™	Main Studio	
10:45 - 11:30	Aquafit	Main Pool	
10:45 - 11:45	Body Conditioning	Main Studio	
12:00 - 13:00	Pilates	Main Studio	
13:10 - 13:55	Core	Main Studio	
14:00 - 14:45	BODYPUMP ™	Main Studio	
16:30 - 17:15	Pilates	Main Studio	
17:30 - 18:15	Yoga	Main Studio	
18:45 - 19:45	BODYPUMP ™	Main Studio	
20:00 - 21:00	Power Yoga	Main Studio	