

Studio Timetable

Wolverton Swimming & Fitness Centre

Accurate as of 10/09/2026

Times for Wednesday 16 September			
Time	Session	Facility	
06:45 - 07:30	Yoga	Main Studio	
08:15 - 09:15	Pilates	Main Studio	
08:30 - 09:15	Aquafit	Main Pool	
09:30 - 10:15	Body Conditioning	Main Studio	
10:45 - 11:45	Zumba	Main Studio	
11:30 - 12:15	Aquafit	Main Pool	
12:00 - 12:45	Strike Aerobics	Main Studio	
13:00 - 13:45	Pilates	Main Studio	
14:00 - 14:45	BODYPUMP TM	Main Studio	
17:45 - 18:30	Power Yoga	Main Studio	
19:00 - 19:45	BODYPUMP TM	Main Studio	
20:00 - 20:45	Aquafit	Main Pool	
20:00 - 20:45	BootCamp	Main Studio	