

BRAND NEW STUDIO TIMETABLE



MONDAY

09:30-10:30	Balance
10:45-11:45	Conditioning
11:15-12:00	Aqua Zumba
12:00-13:00	Pilates
17:45-18:30	Boxfit
18:45-19:45	Bodypump
20:00-21:00	Pilates

TUESDAY

09:15-10:15	20/20/20
10:30-11:30	Bodypump
11:40-12:10	Stretch
12:15-13:00	Core/Resistance
17:45-18:45	20/20/20
19:00-20:00	Yoga
20:15-21:00	Zumba

WEDNESDAY

09:30-10:15	Conditioning
10:15-11:00	Zumba
11:30-12:15	Aquafit
14:00-15:00	Pilates
18:00-19:00	Balance
19:15-20:15	20/20/20
20:00-20:45	Aquafit
20:30-21:15	Bodypump

THURSDAY

06:45-07:30	Boot Camp
09:30-10:15	Boxfit
10:30-11:30	Balance
11:45-12:30	Aerobics
12:45-13:30	Conditioning
14:00-15:00	Yoga
18:00-18:45	Zumba
19:00-20:00	Running club
19:00-20:00	Bodypump
20:15-21:15	Balance

FRIDAY

09:30-10:30	Bodypump
09:30-10:30	Aquafit
11:00-11:45	Pilates
11:45-12:30	Zumba
12:30-13:15	Conditioning
18:00-19:00	Bodypump
19:00-20:00	KidzSwimFit







SATURDAY

08:30-09:15	Bodypump
09:30-10:15	Circuits
10:30-11:30	Yoga

SUNDAY

08:30-09:15	Aerobics
09:30-10:30	Bodypump
10:45-11:45	Balance

Key

 Cardiovascular Fitness	 Cardio, Strength & Tone
 Mind Body	 Dance
 Water Fitness	 Strength & Tone

LES MILLS BODYPUMP™

LES MILLS BODYBALANCE®

Members and non-members book online—www.wolvertonpool.com.

Members book up to 7 days in advance.

Non-members book up to 2 days in advance—payment on booking.

BRAND NEW SPIN TIMETABLE



MONDAY

06:45-07:30	Spin
08:00-08:50	SUF 1
09:00-09:45	SUF 2
10:45-11:30	Spin
12:30-13:00	SUF 3
14:30-15:30	SUF 4
16:00-17:00	SUF 5
17:45-18:30	Spin
18:45-19:45	SUF 6
20:00-21:00	SUF 7

TUESDAY

06:45-07:45	SUF 8
08:00-09:00	SUF 7
09:30-10:15	Spin
11:00-11:45	SUF 9
12:30-13:00	SUF 3
16:00-17:00	SUF 5
17:30-18:30	SUF 10
19:00-19:45	Spin
20:00-20:45	SUF 2

WEDNESDAY

06:45-07:30	Spin
08:00-09:00	SF 10
09:15-10:15	SF 6
10:30-11:15	Spin
12:30-13:00	SUF 3
13:30-15:15	SUF 11
16:00-16:45	SUF 9
17:00-17:45	SUF 2
18:00-18:50	SUF 1
19:15-20:00	Spin
20:15-21:00	Spin

THURSDAY

06:45-07:45	SUF 8
08:00-09:00	SUF 12
09:30-10:15	Spin
10:30-11:30	SUF 5
12:30-13:00	SUF 3
13:30-14:30	SUF 1
15:00-16:00	SUF 7
16:30-17:15	SUF 2
17:45-18:30	Spin
19:00-19:45	SUF 2
20:15-21:00	Spin

FRIDAY

06:45-08:30	SUF 11
09:30-10:15	SUF 2
10:45-11:30	Spin
12:30-13:00	SUF 3
13:30-14:30	SUF 6
15:00-15:45	SUF 9
16:00-17:00	SUF 4
18:00-18:45	Spin
19:00-20:00	SUF 8

SATURDAY

08:30-09:15	Spin
10:00-11:00	SUF 4
11:15-12:05	SUF 1
12:30-14:15	SUF 11
14:30-15:15	SUF 2
16:00-17:00	SUF 10

SUNDAY

08:30-09:15	Spin
10:00-11:00	SUF 12
11:15-12:15	SUF 5
12:30-13:30	SUF 4
14:30-15:30	SUF 8
16:00-17:45	SUF 11

KEY

- SUF 1 - The Wretched
- SUF 2 - Revolver
- SUF 3 - The Best Thing In The World
- SUF 4 - To Get To The Other Side
- SUF 5 - Angels
- SUF 6 - The Chores
- SUF 7 - Defender
- SUF 8 - The Downward Spiral
- SUF 9 - G.O.A.T
- SUF 10 - The Rookie
- SUF 11 - The Blender
- SUF 12 - Who Dares

Key

	Endurance		Climbing		Instructor led
	Speed		Racing		

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