

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 |
| 08:00-08:45 | SUF |
| 09:00-09:45 | SUF |
| 10:45-11:30 | Spin |
| 12:30-13:00 | SUF |
| 14:30-15:30 | SUF |
| 16:00-17:00 | SUF |
| 17:45-18:30 | Spin |
| 18:45-19:30 | SUF |

TUESDAY

| | |
|-------------|------|
| 06:45-07:45 | SUF |
| 08:00-09:00 | SUF |
| 09:30-10:15 | Spin |
| 11:00-11:45 | SUF |
| 12:30-13:00 | SUF |
| 16:00-16:45 | SUF |
| 17:30-18:30 | SUF |
| 19:00-19:45 | Spin |
| 20:00-20:45 | SUF |

WEDNESDAY

| | |
|-------------|------|
| 06:45-07:30 | Spin |
| 08:00-09:00 | SUF |
| 09:15-10:15 | SUF |
| 10:30-11:15 | Spin |
| 12:30-13:00 | SUF |
| 13:30-15:00 | SUF |
| 16:00-16:45 | SUF |
| 17:00-17:45 | SUF |
| 18:00-18:45 | SUF |
| 19:15-20:00 | Spin |
| 20:15-21:00 | Spin |

THURSDAY

| | |
|-------------|------|
| 06:45-07:45 | SUF |
| 08:00-09:00 | SUF |
| 09:30-10:15 | Spin |
| 10:30-11:30 | SUF |
| 12:30-13:00 | SUF |
| 13:30-14:30 | SUF |
| 15:00-16:00 | SUF |
| 16:30-17:15 | SUF |
| 17:45-18:30 | Spin |
| 19:00-20:00 | SUF |
| 20:15-21:00 | Spin |

FRIDAY

| | |
|-------------|------|
| 06:45-08:15 | SUF |
| 09:30-10:15 | SUF |
| 10:45-11:30 | Spin |
| 12:30-13:00 | SUF |
| 13:30-14:30 | SUF |
| 15:00-15:45 | SUF |
| 16:00-17:00 | SUF |
| 18:00-18:45 | Spin |
| 19:00-20:00 | SUF |

SATURDAY

| | |
|-------------|------|
| 08:30-09:15 | Spin |
| 09:45-11:15 | SUF |
| 12:00-13:00 | SUF |
| 13:15-14:15 | SUF |
| 14:30-15:15 | SUF |
| 16:00-17:00 | SUF |

SUNDAY

| | |
|-------------|------|
| 08:30-09:15 | Spin |
| 09:45-11:15 | SUF |
| 12:00-13:00 | SUF |
| 13:15-14:15 | SUF |
| 14:30-15:30 | SUF |
| 16:00-17:30 | SUF |

More Information

Exact virtual cycle
session times can vary -
for live information visit
[www.wolvertonpool.com/
studio](http://www.wolvertonpool.com/studio)

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.

Key ■ Instructor led ■ Virtual SUF **Starting Feb 11th 2019**