

Class Timetable

Wymondham Leisure Centre

Accurate as of 27/07/2024

Times for Sunday 28 July



Time	Session	Facility	Instructor
08:00 - 08:45	Aqua Fit	Main Pool	Georgina
09:00 - 09:45	Studio Cycling	Studio 1	Alex
09:00 - 09:45	Body Attack	Studio 3/4	Kat
10:00 - 10:45	Virtual RPM 50	Studio 1	Virtual
10:00 - 11:00	Body Combat	Studio 3/4	Kat
11:00 - 12:00	Body Pump	Studio 2	Lisa
12:30 - 13:30	Yoga	Studio 3/4	Niamh