

Class Timetable

Wymondham Leisure Centre

Accurate as of 08/09/2024

Times for Monday 9 September



Time	Session	Facility	Instructor
06:40 - 07:30	Virtual RPM 50	Studio 1	Virtual
07:20 - 08:05	Pilates	Studio 3/4	Silvia
07:45 - 08:30	Studio Cycling	Studio 1	Ellie
08:15 - 09:00	Aqua Fit	Main Pool	Silvia
08:15 - 09:15	Yoga	Studio 3/4	Niamh
09:00 - 10:00	Fit Body	Studio 2	Ellie
09:15 - 10:15	New Body	Studio 3/4	Sue
09:30 - 10:15	Studio Cycling	Studio 1	Helen
10:30 - 11:30	Body Pump	Studio 2	Helen
10:30 - 11:30	Fit for Life	Studio 3/4	Silvia
11:30 - 12:30	Fit for Life	Studio 3/4	Silvia
11:45 - 12:45	Body Balance	Studio 2	Sabrah
12:30 - 13:15	Virtual Trip	Studio 1	Virtual
13:30 - 14:30	Pilates	Studio 3/4	Rosie
17:30 - 18:15	Studio Cycling	Studio 1	Kat
17:30 - 18:30	BoxFit	Studio 2	James
17:45 - 18:45	Legs Bums and Tums	Studio 3/4	Lisa
18:30 - 19:20	Virtual RPM 50	Studio 1	Virtual
18:30 - 19:30	Body Pump	Studio 2	Victoria
19:00 - 20:00	Body Combat	Studio 3/4	Cooni
19:45 - 20:30	Aqua Fit	Main Pool	Francesca

Time	Session	Facility	Instructor
20:00 - 20:45	Body Balance Express	Studio 3/4	Cooni