

Class Timetable

Wymondham Leisure Centre

Accurate as of 08/09/2024

Times for Saturday 14 September



Time	Session	Facility	Instructor
08:00 - 09:00	Boot Camp	Main Hall	Fitness Instructor
08:30 - 09:15	Studio Cycling	Studio 1	Rob
09:30 - 10:15	Virtual Trip	Studio 1	Virtual
09:30 - 10:30	Body Pump	Studio 2	Sabrah
10:30 - 11:30	Yoga	Studio 3/4	Rosie
11:30 - 12:30	Pilates	Studio 3/4	Rosie