

Class Timetable

Wymondham Leisure Centre

Accurate as of 11/09/2024

Times for Tuesday 17 September



Time	Session	Facility	Instructor
06:45 - 07:30	Virtual Trip	Studio 1	Virtual
07:00 - 07:30	HIIT Body Weight	Studio 2	Kat
07:30 - 08:30	Body Pump	Studio 1	Ellie
09:00 - 09:45	Studio Cycling	Studio 1	Ellie
09:00 - 09:45	Aqua Fit	Main Pool	Francesca
09:00 - 10:00	Step Aerobics	Studio 3/4	Sue
10:00 - 10:45	Legs Bums and Tums	Studio 3/4	Sue
10:30 - 11:30	Body Balance	Studio 2	Sabrah
11:00 - 11:50	Fit for Life Stretch	Studio 3/4	Silvia
12:00 - 12:50	Low Impact Aerobics	Studio 3/4	Sheryl
12:00 - 13:00	Pilates	Studio 2	Silvia
12:30 - 13:00	Virtual Sprint 30	Studio 1	Virtual
13:00 - 14:00	Pilates	Studio 2	Silvia
13:30 - 14:30	Chair based Circuits	Studio 3/4	Sheryl
14:30 - 15:30	GP Referral Class	Studio 3/4	Sheryl
14:45 - 15:30	Aqua Fit	Main Pool	Fitness Instructor
18:00 - 18:45	Studio Cycling	Studio 1	Fitness Instructor
18:00 - 19:00	Body Combat	Studio 3/4	Kat
18:45 - 19:30	Virtual Trip	Studio 1	Virtual
19:00 - 20:00	Body Pump	Studio 2	Sabrah
19:00 - 20:00	Zumba	Studio 3/4	Zen

Time	Session	Facility	Instructor
20:10 - 20:55	Aqua Zumba	Main Pool	Chloe
20:15 - 21:00	Body Balance Express	Studio 2	Sabrah