

Class Timetable

Wymondham Leisure Centre

Accurate as of 12/09/2024

Times for Wednesday 18 September



Time	Session	Facility	Instructor
06:45 - 07:30	Studio Cycling	Studio 1	Kat
07:30 - 08:15	Pilates	Studio 3/4	Silvia
08:15 - 09:00	Deep Water Aerobics	Main Pool	Silvia
09:00 - 09:45	Virtual Trip	Studio 1	Virtual
09:00 - 10:00	Body Combat	Studio 3/4	Kat
09:00 - 10:00	Fit Body	Studio 2	Ellie
10:15 - 11:15	Zumba Gold	Studio 3/4	chloe
10:30 - 11:30	Body Pump	Studio 2	Ellie
11:00 - 11:30	Virtual Sprint 30	Studio 1	Virtual
11:15 - 12:15	Zumba Toning	Studio 3/4	chloe
12:15 - 13:15	Burlexercise Barre	Studio 3/4	chloe
13:30 - 14:30	Yoga	Studio 3/4	Rosie
17:30 - 18:00	HIIT	Studio 3/4	Fitness Instructor
18:00 - 18:45	Studio Cycling	Studio 1	Rob
18:30 - 19:30	Body Attack	Studio 3/4	Kat
19:00 - 19:45	Virtual RPM 50	Studio 1	Virtual
19:00 - 20:00	Body Pump	Studio 2	Rob
19:30 - 20:30	Body Balance	Studio 3/4	Sabrah