

Class Timetable

Wymondham Leisure Centre

Accurate as of 13/09/2024

Times for Thursday 19 September



Time	Session	Facility	Instructor
06:40 - 07:30	Virtual RPM 50	Studio 1	Virtual
07:00 - 07:30	HIIT Strength	Studio 2	Kat
09:00 - 09:45	Studio Cycling	Studio 1	Ellie
09:00 - 09:45	Legs Bums and Tums	Studio 2	Victoria
09:00 - 10:00	Yoga	Studio 3/4	Rosie
10:00 - 11:00	Step and tone	Studio 2	Ellie
12:00 - 13:00	Circuits	Studio 3/4	Sheryl
12:45 - 13:15	Virtual RPM 30	Studio 1	Virtual
13:30 - 14:30	Chair based Circuits	Studio 3/4	Sheryl
14:45 - 15:30	Aqua Fit	Main Pool	Francesca
17:45 - 18:45	Body Pump	Studio 2	Sabrah
17:45 - 18:45	Legs Bums and Tums	Studio 3/4	Lisa
18:00 - 19:00	Boot Camp	Main Hall	Fitness Instructor
18:30 - 19:15	Studio Cycling	Studio 1	Alex
19:00 - 20:00	Body Combat	Studio 3/4	Lisa
19:00 - 20:00	Pound	Studio 2	Chloe
19:15 - 19:45	Virtual Sprint 30	Studio 1	Virtual
20:00 - 21:00	Burlexercise	Studio 2	Zen