

Class Timetable

Wymondham Leisure Centre

Accurate as of 31/10/2024

Times for Friday 1 November



Time	Session	Facility	Instructor
06:45 - 07:30	Studio Cycling	Studio 1	Kat
07:30 - 08:15	Pilates	Studio 3/4	Silvia
09:00 - 09:45	Studio Cycling	Studio 1	Ellie
09:00 - 09:45	Aqua Fit	Main Pool	Silvia
09:15 - 10:15	Body Attack	Studio 3/4	Rob
10:00 - 10:45	Studio Cycling	Studio 1	Ellie
10:30 - 11:30	Body Pump	Studio 2	Rob
10:50 - 11:50	Body Balance	Studio 3/4	Stacey
12:00 - 13:00	Hatha Yoga	Studio 3/4	Stacey
12:30 - 13:15	Virtual Trip	Studio 1	Virtual
13:30 - 14:30	Yoga	Studio 3/4	Rosie
17:45 - 18:45	Body Combat	Studio 3/4	Kat
18:00 - 18:45	Virtual Trip	Studio 1	Virtual
18:30 - 19:30	Zumba Toning	Studio 2	Chloe
19:00 - 20:00	Kickboxercise	Studio 3/4	Kat
19:30 - 20:20	Pound	Studio 2	Chloe