

# Class Timetable

## Wymondham Leisure Centre

Accurate as of 21/05/2024

### Times for Sunday 12 May



| Time          | Session        | Facility   | Instructor |
|---------------|----------------|------------|------------|
| 08:00 - 08:45 | Aqua Fit       | Main Pool  | Georgina   |
| 09:00 - 09:45 | Studio Cycling | Studio 1   | Alex       |
| 09:00 - 09:45 | Body Attack    | Studio 3/4 | Kat        |
| 10:00 - 10:45 | Virtual RPM 50 | Studio 1   | Virtual    |
| 10:00 - 11:00 | Body Combat    | Studio 3/4 | Kat        |
| 11:00 - 12:00 | Body Pump      | Studio 2   | Lisa       |
| 12:30 - 13:30 | Yoga           | Studio 3/4 | Niamh      |