

Class Timetable

Wymondham Leisure Centre

Accurate as of 30/05/2026

Times for Friday 23 January



Time	Session	Facility	Instructor
07:30 - 08:30	Pilates	Studio 3	Silvia
09:00 - 09:45	Aqua Fit	Main Pool	Silvia
09:15 - 10:00	Studio Cycling	Studio 1	Fiona
09:15 - 10:15	Body Attack	Studio 3	Rob
10:30 - 11:30	Body Pump	Studio 2	Zen
10:45 - 11:30	Sculpt & Tone	Studio 3	Stacey
11:30 - 12:15	Body Balance Express	Studio 3	Stacey
12:15 - 13:00	Hatha Yoga	Studio 3	Stacey
17:30 - 18:30	Band Rock	Studio 3	Grace
18:30 - 19:30	Zumba Toning	Studio 2	Chloe
19:30 - 20:20	Pound	Studio 2	Chloe