

Class Timetable

Wymondham Leisure Centre

Accurate as of 30/05/2026

Times for Saturday 24 January



| Time | Session | Facility | Instructor |
|---------------|----------------|-----------|--------------|
| 08:00 - 09:00 | Boot Camp | Main Hall | Fitness Team |
| 08:30 - 09:15 | Studio Cycling | Studio 1 | Rob |
| 09:30 - 10:30 | Body Pump | Studio 2 | Rob |
| 10:30 - 11:30 | Yoga | Studio 3 | Rosie |
| 11:30 - 12:30 | Pilates | Studio 3 | Rosie |