

Class Timetable

Wymondham Leisure Centre

Accurate as of 01/05/2026

Times for Wednesday 22 April



| Time | Session | Facility | Instructor |
|---------------|------------------------|-----------|--------------|
| 07:15 - 08:00 | Pilates | Studio 3 | Silvia |
| 08:15 - 09:00 | Aqua Fit | Main Pool | Silvia |
| 09:15 - 09:45 | Express Studio Cycling | Studio 1 | Stacey |
| 10:00 - 10:45 | Body Pump Express | Studio 2 | Stacey |
| 10:15 - 11:15 | Zumba Gold | Studio 3 | Chloe |
| 10:45 - 11:30 | Body Balance Express | Studio 2 | Stacey |
| 11:15 - 12:15 | Zumba Toning | Studio 3 | Chloe |
| 12:15 - 12:45 | Lunch Time Circuits | Upper Gym | Fitness Team |
| 12:15 - 13:15 | Zumba | Studio 3 | Chloe |
| 13:30 - 14:30 | Yoga | Studio 2 | Rosie |
| 18:00 - 18:45 | Studio Cycling | Studio 1 | Rob |
| 18:00 - 18:45 | Circuits | Studio 2 | Fitness Team |
| 19:00 - 20:00 | Body Pump | Studio 2 | Rob |
| 19:30 - 20:30 | Body Balance | Studio 3 | Sabrah |