

# Class Timetable

## Wymondham Leisure Centre

Accurate as of 26/07/2026

### Times for Thursday 16 July



| Time          | Session            | Facility  | Instructor   |
|---------------|--------------------|-----------|--------------|
| 07:00 - 07:30 | HIIT Strength      | Studio 2  | Fitness Team |
| 09:00 - 10:00 | Yoga               | Studio 3  | Rosie        |
| 09:00 - 10:00 | Band Fit           | Studio 2  | Harriet      |
| 10:00 - 11:00 | Step HIIT          | Studio 2  | Harriet      |
| 12:10 - 13:00 | Circuits FFL       | Studio 2  | Sheryl       |
| 13:30 - 14:20 | Next Steps         | Studio 3  | Sheryl       |
| 14:45 - 15:30 | Aqua Fit           | Main Pool |              |
| 18:00 - 18:45 | Boot Camp          | Main Hall | Fitness Team |
| 18:00 - 19:00 | Body Combat        | Studio 3  | Lisa         |
| 18:00 - 19:00 | Pump It            | Studio 2  | Chloe        |
| 18:15 - 19:00 | Studio Cycling     | Studio 1  | Alex         |
| 19:00 - 19:50 | Pound              | Studio 2  | Chloe        |
| 19:00 - 20:00 | Legs Bums and Tums | Studio 3  | Lisa         |
| 20:00 - 21:00 | Burlexercise       | Studio 2  | Chloe        |