

# Class Timetable

## Wymondham Leisure Centre

Accurate as of 26/07/2026

### Times for Tuesday 28 July



| Time          | Session              | Facility  | Instructor   |
|---------------|----------------------|-----------|--------------|
| 07:00 - 07:30 | Circuits             | Studio 2  | Fitness Team |
| 07:45 - 08:45 | Pilates              | Studio 2  | Suzie        |
| 09:00 - 10:00 | Body Combat          | Studio 2  | Zen          |
| 10:00 - 10:45 | Legs Bums and Tums   | Studio 2  | Zen          |
| 10:45 - 11:45 | Yoga                 | Studio 2  | Zen          |
| 11:00 - 11:50 | Fit for Life Stretch | Studio 3  | Silvia       |
| 12:00 - 12:50 | Low Impact Aerobics  | Studio 3  | Sheryl       |
| 12:00 - 13:00 | Pilates              | Studio 2  | Silvia       |
| 13:00 - 14:00 | Pilates              | Studio 2  | Silvia       |
| 13:30 - 14:30 | Chair based Circuits | Studio 3  | Sheryl       |
| 14:45 - 15:30 | Aqua Fit             | Main Pool | Silvia       |
| 17:45 - 18:45 | Band Fit             | Studio 2  | Harriet      |
| 18:00 - 18:45 | Studio Cycling       | Studio 1  | Alex         |
| 18:00 - 19:00 | Body Combat          | Studio 3  | Lisa         |
| 19:00 - 20:00 | Body Pump            | Studio 2  | Sabrah       |
| 19:00 - 20:00 | Zumba                | Studio 3  | Chloe        |
| 20:00 - 20:30 | Body Balance Express | Studio 2  | Sabrah       |
| 20:10 - 20:55 | Aqua Zumba           | Main Pool | Chloe        |