

# Class Timetable

## Wymondham Leisure Centre

Accurate as of 19/09/2026

Times for Sunday 20 September



| Time          | Session              | Facility  | Instructor   |
|---------------|----------------------|-----------|--------------|
| 08:00 - 08:45 | Aqua Fit (Cancelled) | Main Pool | Silvia       |
| 09:00 - 09:45 | Studio Cycling       | Studio 1  | Alex         |
| 09:00 - 10:00 | Yogalates            | Studio 3  | Suzie        |
| 10:00 - 11:00 | Body Combat          | Studio 3  | Lisa         |
| 11:00 - 12:00 | Body Pump            | Studio 2  | Lisa         |
| 12:15 - 13:00 | Circuits             | Studio 2  | Fitness Team |