Class Timetable

Wymondham Leisure Centre

Accurate as of 25/11/2026

Times for Monday 2 November

Time	Session	Facility	Instructor
07:15 - 08:00	Pilates	Studio 3	Silvia
08:00 - 09:00	Body Pump	Studio 2	Ben
08:15 - 09:00	Aqua Fit	Main Pool	Silvia
08:15 - 09:15	Pilates Barre	Studio 3	Suzie
09:15 - 10:15	Band Blitz	Studio 3	Harriet
09:30 - 10:15	Studio Cycling	Studio 1	Helen
10:30 - 11:30	Fit for Life	Studio 3	Silvia
10:30 - 11:30	Body Pump	Studio 2	Lisa
11:30 - 12:30	Fit for Life	Studio 3	Silvia
11:45 - 12:45	Yogalates	Studio 3	Suzie
12:15 - 12:45	Lunch Time Circuits	Upper Gym	Fitness Team
13:30 - 14:30	Pilates	Studio 3	Rosie
17:45 - 18:45	Legs Bums and Tums	Studio 2	Lisa
18:00 - 18:45	Studio Cycling	Studio 1	Alex
18:45 - 19:45	Body Pump	Studio 2	Lisa
19:00 - 20:00	Box Beats	Studio 3	Harriet