Class Timetable

Wymondham Leisure Centre

Accurate as of 03/11/2026

Times for Tuesday 3 November

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	Broadly Active
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	Broadly Active
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	Zumba	Studio 3	Chloe
19:00 - 20:00	Body Pump	Studio 2	Zen
20:00 - 20:30	Yoga	Studio 2	Chloe T
20:10 - 20:55	Aqua Zumba	Main Pool	Chloe