Class Timetable

Wymondham Leisure Centre

Accurate as of 03/11/2026

Times for Wednesday 4 November

Time	Session	Facility	Instructor
07:15 - 08:00	Pilates	Studio 3	Silvia
08:15 - 09:00	Aqua Fit	Main Pool	Silvia
09:15 - 10:00	Studio Cycling	Studio 1	Lindsay
10:00 - 10:45	Body Pump Express	Studio 2	Stacey
10:15 - 11:15	Zumba Gold	Studio 3	Chloe
10:45 - 11:30	Body Balance Express	Studio 2	Stacey
11:15 - 12:15	Zumba Toning	Studio 3	Chloe
12:15 - 12:45	Lunch Time Circuits	Upper Gym	Fitness Team
12:15 - 13:15	Zumba	Studio 3	Chloe
13:30 - 14:30	Yoga	Studio 2	Rosie
18:00 - 18:45	Studio Cycling	Studio 1	Lindsay
18:00 - 18:45	Circuits	Studio 2	Fitness Team
19:00 - 20:00	Body Pump	Studio 2	Lisa
19:30 - 20:30	Body Balance	Studio 3	Sabrah