Class Timetable

Wymondham Leisure Centre

Accurate as of 03/11/2026

Times for Friday 6 November

Time	Session	Facility	Instructor
07:30 - 08:30	Pilates	Studio 3	Silvia
09:00 - 09:45	Aqua Fit	Main Pool	Silvia
09:15 - 10:00	Studio Cycling	Studio 1	Lindsay
09:15 - 10:15	Body Combat	Studio 2	Zen
10:30 - 11:30	Body Pump	Studio 2	Zen
11:00 - 12:00	Body Balance	Studio 3	Stacey
12:00 - 13:00	Yin Yoga	Studio 3	Stacey
12:15 - 12:45	ENDUROX	Upper Gym	Fitness Team
17:30 - 18:30	Burl Band	Studio 2	Chloe
18:30 - 19:30	Zumba Toning	Studio 2	Chloe
19:30 - 20:20	Pound	Studio 2	Chloe