Class Timetable

Wymondham Leisure Centre

Accurate as of 03/11/2026

Times for Saturday 7 November

Time	Session	Facility	Instructor
08:00 - 09:00	Boot Camp	Main Hall	Fitness Team
08:15 - 09:15	Body Pump	Studio 2	Lisa
08:30 - 09:15	Studio Cycling	Studio 1	Helen
09:30 - 10:30	Body Pump	Studio 2	Lisa
10:30 - 11:30	Yoga	Studio 3	Rosie
11:30 - 12:30	Pilates	Studio 3	Rosie