Class Timetable

Wymondham Leisure Centre

Accurate as of 25/11/2026

Times for Thursday 12 November

Time	Session	Facility	Instructor
07:00 - 07:30	HIIT Strength	Studio 2	Fitness Team
09:00 - 10:00	Yoga	Studio 3	Rosie
09:00 - 10:00	Band Fit	Studio 2	Harriet
10:00 - 11:00	Step HIIT	Studio 2	Harriet
12:10 - 13:00	Circuits FFL	Studio 2	Sheryl
13:30 - 14:20	Next Steps	Studio 3	Sheryl
14:45 - 15:30	Aqua Fit	Main Pool	Silvia
18:00 - 18:45	Boot Camp	Main Hall	Fitness Team
18:00 - 19:00	Body Combat	Studio 3	Lisa
18:00 - 19:00	Pump It	Studio 2	Chloe
18:15 - 19:00	Studio Cycling	Studio 1	Alex
19:00 - 19:50	Pound	Studio 2	Chloe
19:00 - 20:00	Legs Bums and Tums	Studio 3	Lisa
20:00 - 21:00	Burlexercise	Studio 2	Chloe