# Class Timetable

## Wymondham Leisure Centre

**Accurate as of 25/11/2026**

### Times for Friday 13 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 |