

JUNIOR TIMETABLE >>>

WYMONDHAM LEISURE CENTRE

	CLASSES	EGYM	DROP-IN SESSIONS
MONDAY	7:20 - Pilates 7:45 - Studio Cycling 8:15 - Yoga 9:30 - Studio Cycling 13:30 - Pilates 17:30 - Studio Cycling*	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	1pm to 5pm - Football on 3G at Kett's Park**
TUESDAY	7:00 - HIIT Body Weight 9:00 - Studio Cycling 12:00 - Pilates 13:00 - Pilates 17:45 - Studio Cycling*	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	1pm to 5pm - Football on 3G at Kett's Park** 3pm to 4pm - Basketball and Badminton
WEDNESDAY	6:45 - Studio Cycling 7:30 - Pilates Studio 9:00 - Studio Cycling 13:30 - Yoga 17:30 - HIIT* 18:00 - Studio Cycling*	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	1pm to 5pm - Football on 3G at Kett's Park**
THURSDAY	9:00 - Studio Cycling 9:00 - Yoga 18:00 - Bootcamp* 18:15 - Studio Cycling*	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	1pm to 5pm - Football on 3G at Kett's Park** 4pm to 5pm - Basketball and Badminton
FRIDAY	6:45 - Studio Cycling 7:30 - Pilates 9:00 - Studio Cycling 10:00 - Studio Cycling 13:30 - Yoga	16+ - Anytime* Under 16's - 3:30pm to 5:00pm	1pm to 5pm - Football on 3G at Kett's Park**
SATURDAY	8:00 - Bootcamp 8:30 - Studio Cycling 10:30 - Yoga 11:30 - Pilates	16+ - Anytime Under 16's - Anytime when accompanied by an adult	9am to 3pm - Football on 3G at Kett's Park**
SUNDAY	9:00 - Studio Cycling 12:30 - Yoga	16+ - Anytime Under 16's - Anytime when accompanied by an adult	9am to 4pm - Football on 3G at Kett's Park**

* Excludes peak times (5:30pm - 8:00pm) for off-peak members.

** Subject to availability - please call beforehand.