

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 02/05/2024

Times for Monday 26 June



Time	Session
06:45 - 07:30	RPM
07:00 - 08:00	BODYBALANCE (Virtual)
07:45 - 08:15	GRIT Strength
11:30 - 12:00	BODYBALANCE (Virtual)
12:15 - 13:00	Pilates
14:00 - 15:00	BODYBALANCE (Virtual)
17:30 - 18:15	RPM
17:30 - 18:30	Yoga
18:15 - 19:00	Body Pump®
19:15 - 19:45	GRIT Cardio
19:30 - 20:30	BODYBALANCE (Virtual)