

# Wigan Life Centre: Exercise classes

## Wigan Life Centre

Accurate as of 02/05/2024

### Times for Tuesday 27 June



Time	Session
07:00 - 08:00	BODYBALANCE (Virtual)
10:00 - 10:45	BODYCOMBAT
10:45 - 11:30	Fitness Yoga
11:45 - 12:30	Zumba Gold
12:00 - 12:30	BODYBALANCE (Virtual)
12:30 - 13:00	GRIT Plyo
16:00 - 16:30	BODYBALANCE (Virtual)
17:00 - 18:00	BODYBALANCE (Virtual)
17:30 - 18:15	X-treme Fitness
18:15 - 19:15	BODYBALANCE (Virtual)
18:30 - 19:15	Body Pump®
19:15 - 20:00	Hatton Boxing
19:30 - 20:30	BODYBALANCE