

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 02/05/2024

Times for Wednesday 28 June



Time	Session
06:45 - 07:30	RPM
07:00 - 08:00	BODYBALANCE (Virtual)
07:45 - 08:15	BODYPUMP (Virtual)
10:00 - 10:30	GRIT Cardio
12:00 - 12:30	BODYBALANCE (Virtual)
12:15 - 13:00	Back Care
14:30 - 15:30	BODYBALANCE (Virtual)
16:00 - 16:30	BODYBALANCE (Virtual)
17:15 - 18:00	Legs, Bums & Tums
17:15 - 18:15	Yogalates
19:00 - 19:45	Body Pump®
19:45 - 20:15	Total Abs
19:45 - 20:45	BODYBALANCE (Virtual)