

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 27/04/2024

Times for Wednesday 20 December



| 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 |
| 10:00 - 11:00 | BODYCOMBAT |
| 12:00 - 12:30 | BODYBALANCE (Virtual) |
| 12:15 - 13:00 | Back Care |
| 12:30 - 13:00 | Fast 30 |
| 14:00 - 15:00 | BODYPUMP (Virtual) |
| 14:30 - 15:30 | BODYBALANCE (Virtual) |
| 16:00 - 16:30 | BODYBALANCE (Virtual) |
| 16:15 - 17:00 | Teen Circuit |
| 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) |