

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 01/05/2024

Times for Friday 30 March



Time	Session
08:30 - 09:00	Total Abs
08:30 - 09:00	BODYBALANCE (Virtual)
09:00 - 09:45	RPM
10:00 - 11:00	BODYCOMBAT
11:15 - 12:15	BODYPUMP (Virtual)
12:00 - 12:30	BODYBALANCE (Virtual)
13:00 - 14:00	BODYBALANCE (Virtual)
13:15 - 13:45	CXWORX (Virtual)
14:30 - 15:30	BODYBALANCE (Virtual)
16:00 - 16:30	BODYBALANCE (Virtual)
18:00 - 21:30	Studio closed
18:00 - 21:30	Studio closed