Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 12/10/2024

Times for Thursday 24 May

Time	Session
10:15 - 11:00	Body Pump®
12:00 - 12:30	CXWORX (Virtual)
12:30 - 13:00	GRIT Strength
14:00 - 15:00	BODYCOMBAT (Virtual)
14:30 - 15:30	BODYBALANCE (Virtual)
15:30 - 16:00	CXWORX (Virtual)
16:00 - 16:30	BODYBALANCE (Virtual)
16:30 - 17:15	Circuits
17:00 - 18:00	BODYBALANCE (Virtual)
17:30 - 18:15	Hatton Boxing
18:30 - 19:00	CXWORX (Virtual)
18:30 - 19:30	Yoga
19:40 - 20:40	Yoga
19:45 - 20:30	Circuits