

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 27/04/2024

Times for Monday 28 May



Time	Session
09:00 - 10:00	BODYCOMBAT (Virtual)
10:00 - 10:45	RPM
11:00 - 12:00	X-treme Fitness
11:30 - 12:00	BODYBALANCE (Virtual)
12:00 - 13:00	BODYPUMP (Virtual)
13:00 - 13:45	SH'BAM (Virtual)
14:00 - 14:30	CXWORX (Virtual)