Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 25/04/2024

Times for Friday 20 July

Time	Session
06:45 - 07:30	RPM (Virtual)
07:00 - 08:00	BODYBALANCE (Virtual)
07:45 - 08:15	BODYPUMP (Virtual)
09:00 - 09:45	SH'BAM (Virtual)
09:30 - 10:30	Pilates
10:00 - 11:00	BODYCOMBAT
11:15 - 11:45	RPM (Virtual)
12:00 - 12:30	BODYBALANCE (Virtual)
12:00 - 13:00	BODYPUMP (Virtual)
12:30 - 13:00	Fast 30
13:00 - 14:00	BODYBALANCE (Virtual)
13:15 - 13:45	CXWORX (Virtual)
14:30 - 15:30	BODYBALANCE (Virtual)
15:00 - 16:00	BODYCOMBAT (Virtual)
16:30 - 17:15	Zumba (14yrs+)
17:30 - 18:15	Yoga
17:30 - 18:30	X-treme Fitness
18:00 - 21:30	Studio closed
18:00 - 21:30	Studio closed
18:30 - 19:00	GRIT Plyo
18:30 - 19:30	BODYBALANCE (Virtual)

Time	Session
19:00 - 19:30	Total Abs
19:45 - 20:15	SPRINT (virtual)
20:00 - 21:00	BODYBALANCE (Virtual)