# Wigan Life Centre: Exercise classes

## Wigan Life Centre

**Accurate as of 12/10/2024**

**Times for Thursday 23 May**

| Time | Session |
|---|---|
| 10:15 - 11:00 | Body Pump® |
| 12:00 - 12:30 | CXWORX (Virtual) |
| 12:30 - 13:00 | GRIT Strength |
| 13:15 - 13:45 | SPRINT (virtual) |
| 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 |