

# Wigan Life Centre: Exercise classes

## Wigan Life Centre

Accurate as of 19/04/2024

### Times for Monday 27 May



Time	Session
09:00 - 09:45	RPM
09:00 - 10:00	BODYBALANCE (Virtual)
10:00 - 10:45	Body Pump®
10:30 - 11:00	CXWORX (Virtual)
11:00 - 11:45	Legs, Bums & Tums
12:00 - 13:00	BODYBALANCE (Virtual)
12:00 - 13:00	BODYCOMBAT
12:30 - 13:00	Fast 30
13:15 - 14:15	Circuits
14:30 - 15:00	CXWORX (Virtual)