Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 12/10/2024

Times for Wednesday 24 July

Time	Session
06:45 - 07:30	RPM
07:00 - 08:00	BODYBALANCE (Virtual)
07:45 - 08:15	BODYPUMP (Virtual)
09:45 - 10:45	BODYBALANCE (Virtual)
10:00 - 10:30	GRIT Cardio
10:00 - 11:00	BODYCOMBAT
11:15 - 11:45	CXWORX (Virtual)
12:00 - 12:30	BODYBALANCE (Virtual)
12:15 - 13:00	Back Care
12:30 - 13:00	Fast 30
14:00 - 15:00	BODYPUMP (Virtual)
14:30 - 15:30	BODYBALANCE (Virtual)
16:00 - 16:30	BODYBALANCE (Virtual)
16:15 - 17:00	Teen Circuit
17:15 - 18:00	Legs, Bums & Tums
17:15 - 18:15	Yogalates
18:05 - 18:50	RPM
18:30 - 19:30	BODYBALANCE (Virtual)
19:00 - 19:45	Body Pump®
19:45 - 20:15	Total Abs
19:45 - 20:45	BODYBALANCE (Virtual)

Time	Session
20:45 - 21:15	CXWORX (Virtual)