

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 26/04/2024

Times for Friday 6 December



| 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) |
| 14:00 - 14:30 | SPRINT (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 |

| Time | Session |
|---------------|-----------------------|
| 18:30 - 19:30 | BODYBALANCE (Virtual) |
| 19:00 - 19:30 | Total Abs |
| 19:45 - 20:15 | SPRINT (virtual) |
| 20:00 - 21:00 | BODYBALANCE (Virtual) |