

Studio classes this week

Wigan Life Centre

Accurate as of 19/05/2019

(19-05-2019 - 25-05-2019)



Day	Time	Session
Sun	08:30 - 09:30	BODYBALANCE (Virtual)
Sun	10:00 - 10:45	Couch to 5k Run Group
Sun	10:30 - 11:30	BODYBALANCE (Virtual)
Sun	12:30 - 13:30	BODYBALANCE (Virtual)
Sun	14:30 - 15:30	BODYBALANCE (Virtual)
Mon	06:45 - 07:30	RPM
Mon	07:00 - 08:00	BODYBALANCE (Virtual)
Mon	08:00 - 08:30	SPRINT (virtual)
Mon	09:30 - 10:15	Legs, Bums & Tums
Mon	10:15 - 11:00	Low Aerobics
Mon	11:15 - 12:00	Low Aerobics
Mon	11:30 - 12:00	BODYBALANCE (Virtual)
Mon	12:15 - 13:00	Pilates
Mon	12:30 - 13:00	Fast 30
Mon	13:30 - 14:30	Tai Chi
Mon	14:00 - 15:00	BODYBALANCE (Virtual)
Mon	15:00 - 15:45	RPM (Virtual)
Mon	16:30 - 17:00	CXWORX (Virtual)
Mon	17:30 - 18:15	RPM
Mon	17:30 - 18:30	Yoga
Mon	18:15 - 19:00	Body Pump®

Day	Time	Session
Mon	18:45 - 19:15	CXWORX (Virtual)
Mon	19:15 - 19:45	GRIT Cardio
Mon	19:30 - 20:30	BODYBALANCE (Virtual)
Mon	20:00 - 20:45	SH'BAM (Virtual)
Tue	07:00 - 07:30	Fast 30
Tue	07:00 - 07:45	RPM (Virtual)
Tue	07:00 - 08:00	BODYBALANCE (Virtual)
Tue	08:00 - 08:30	SPRINT (virtual)
Tue	09:15 - 10:00	BODYPUMP (Virtual)
Tue	10:00 - 10:45	BODYCOMBAT
Tue	10:45 - 11:30	Fitness Yoga
Tue	11:45 - 12:30	Zumba Gold
Tue	12:00 - 12:30	BODYBALANCE (Virtual)
Tue	12:30 - 13:00	GRIT Plyo
Tue	13:15 - 13:45	CXWORX (Virtual)
Tue	15:00 - 15:45	SH'BAM (Virtual)
Tue	16:00 - 16:30	BODYBALANCE (Virtual)
Tue	16:15 - 17:00	RPM (Virtual)
Tue	17:00 - 17:30	Fast 30
Tue	17:00 - 18:00	BODYBALANCE (Virtual)
Tue	17:30 - 18:15	X-treme Fitness
Tue	18:15 - 19:15	BODYBALANCE (Virtual)
Tue	18:30 - 19:15	Body Pump®
Tue	18:30 - 19:30	Fast 30
Tue	19:15 - 20:00	BODYCOMBAT

Day	Time	Session
Tue	19:30 - 20:30	BODYBALANCE
Tue	20:45 - 21:30	SH'BAM (Virtual)
Wed	06:45 - 07:30	RPM
Wed	07:00 - 08:00	BODYBALANCE (Virtual)
Wed	07:45 - 08:15	BODYPUMP (Virtual)
Wed	09:45 - 10:45	BODYBALANCE (Virtual)
Wed	10:00 - 11:00	BODYCOMBAT
Wed	11:15 - 11:45	CXWORX (Virtual)
Wed	12:00 - 12:30	BODYBALANCE (Virtual)
Wed	12:15 - 13:00	Back Care
Wed	12:30 - 13:00	Fast 30
Wed	14:00 - 15:00	BODYPUMP (Virtual)
Wed	14:30 - 15:30	BODYBALANCE (Virtual)
Wed	16:00 - 16:30	BODYBALANCE (Virtual)
Wed	16:15 - 17:00	RPM (Virtual)
Wed	17:15 - 18:00	Legs, Bums & Tums
Wed	17:15 - 18:15	Yogalates
Wed	18:05 - 18:50	RPM
Wed	18:30 - 19:30	BODYBALANCE (Virtual)
Wed	19:00 - 19:45	Body Pump®
Wed	19:45 - 20:30	BODYCOMBAT
Wed	19:45 - 20:45	BODYBALANCE (Virtual)
Wed	20:45 - 21:15	CXWORX (Virtual)
Thu	10:15 - 11:00	Body Pump®
Thu	11:15 - 12:15	Low Circuit

Day	Time	Session
Thu	12:00 - 12:30	CXWORX (Virtual)
Thu	12:30 - 13:00	GRIT Strength
Thu	13:15 - 13:45	SPRINT (virtual)
Thu	14:00 - 15:00	BODYCOMBAT (Virtual)
Thu	14:30 - 15:30	BODYBALANCE (Virtual)
Thu	15:30 - 16:00	CXWORX (Virtual)
Thu	16:00 - 16:30	BODYBALANCE (Virtual)
Thu	16:30 - 17:15	Circuits
Thu	17:00 - 18:00	BODYBALANCE (Virtual)
Thu	17:30 - 18:15	RPM
Thu	18:30 - 19:00	CXWORX (Virtual)
Thu	18:30 - 19:30	Yoga
Thu	19:40 - 20:40	Yoga
Thu	19:45 - 20:30	Circuits
Fri	06:45 - 07:30	RPM
Fri	07:00 - 08:00	BODYBALANCE (Virtual)
Fri	07:45 - 08:15	BODYPUMP (Virtual)
Fri	09:00 - 09:45	SH'BAM (Virtual)
Fri	09:30 - 10:30	Pilates
Fri	10:00 - 11:00	BODYCOMBAT
Fri	11:15 - 11:45	RPM (Virtual)
Fri	12:00 - 12:30	BODYBALANCE (Virtual)
Fri	12:00 - 13:00	BODYPUMP (Virtual)
Fri	12:30 - 13:00	Fast 30
Fri	13:00 - 14:00	BODYBALANCE (Virtual)

Day	Time	Session
Fri	13:15 - 13:45	CXWORX (Virtual)
Fri	14:00 - 14:30	SPRINT (virtual)
Fri	14:30 - 15:30	BODYBALANCE (Virtual)
Fri	15:00 - 16:00	BODYCOMBAT (Virtual)
Fri	16:30 - 17:15	Zumba (14yrs+)
Fri	17:30 - 18:15	Yoga
Fri	17:30 - 18:30	X-treme Fitness
Fri	18:30 - 19:00	GRIT Plyo
Fri	18:30 - 19:30	BODYBALANCE (Virtual)
Fri	19:00 - 19:30	Total Abs
Fri	19:45 - 20:15	SPRINT (virtual)
Fri	20:00 - 21:00	BODYBALANCE (Virtual)
Sat	08:30 - 09:30	BODYBALANCE (Virtual)
Sat	08:45 - 09:15	BODYCOMBAT (Virtual)
Sat	09:30 - 10:00	Total Abs
Sat	10:00 - 10:45	RPM
Sat	10:15 - 10:45	BODYBALANCE (Virtual)
Sat	11:00 - 11:30	CXWORX (Virtual)
Sat	11:00 - 12:00	Body Pump®
Sat	12:00 - 13:00	BODYBALANCE (Virtual)
Sat	14:00 - 15:00	BODYBALANCE (Virtual)