

# Studio classes this week

## Wigan Life Centre

Accurate as of 21/08/2017

(21-08-2017 - 27-08-2017)



Day	Time	Session
Mon	06:45 - 07:30	RPM
Mon	07:00 - 08:00	BODYBALANCE (Virtual)
Mon	07:45 - 08:15	GRIT Strength
Mon	08:30 - 09:00	BODYBALANCE (Virtual)
Mon	09:00 - 10:00	BODYPUMP (Virtual)
Mon	09:30 - 10:30	BODYBALANCE (Virtual)
Mon	10:00 - 10:45	SH'BAM
Mon	11:30 - 12:00	BODYBALANCE (Virtual)
Mon	12:15 - 13:00	Pilates
Mon	13:15 - 14:00	Legs, Bums & Tums
Mon	14:00 - 15:00	BODYBALANCE (Virtual)
Mon	15:00 - 15:45	RPM (Virtual)
Mon	16:00 - 16:30	BODYBALANCE (Virtual)
Mon	16:30 - 17:00	CXWORX (Virtual)
Mon	17:00 - 18:00	BODYBALANCE (Virtual)
Mon	17:30 - 18:15	RPM
Mon	18:15 - 19:00	Body Pump®
Mon	19:00 - 20:00	Yoga
Mon	19:15 - 20:15	Thump Boxing
Mon	20:00 - 21:00	BODYBALANCE (Virtual)
Mon	20:30 - 21:00	CXWORX (Virtual)

<b>Day</b>	<b>Time</b>	<b>Session</b>
Tue	07:00 - 07:45	RPM (Virtual)
Tue	07:00 - 08:00	BODYBALANCE (Virtual)
Tue	08:30 - 09:00	BODYBALANCE (Virtual)
Tue	09:00 - 10:00	BODYPUMP (Virtual)
Tue	09:30 - 10:30	BODYBALANCE (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	13:00 - 14:00	Tai Chi
Tue	14:00 - 15:00	BODYBALANCE (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 - 18:00	BODYBALANCE (Virtual)
Tue	17:30 - 18:15	X-treme Fitness
Tue	18:30 - 19:30	BODYBALANCE (Virtual)
Tue	18:30 - 19:30	Body Pump®
Tue	19:30 - 20:30	BODYCOMBAT
Tue	20:00 - 21:00	BODYBALANCE (Virtual)
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	GRIT Cardio

<b>Day</b>	<b>Time</b>	<b>Session</b>
Wed	08:30 - 09:00	BODYBALANCE (Virtual)
Wed	09:00 - 10:00	BODYCOMBAT (Virtual)
Wed	09:30 - 10:30	BODYBALANCE (Virtual)
Wed	10:30 - 11:15	RPM
Wed	11:30 - 12:00	CXWORX
Wed	12:00 - 12:30	BODYBALANCE (Virtual)
Wed	12:15 - 13:00	Back Care
Wed	13:00 - 14:00	BODYBALANCE (Virtual)
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	Stretch And Relaxation
Wed	17:15 - 18:00	Legs, Bums & Tums
Wed	18:00 - 18:45	Pilates
Wed	18:30 - 19:00	CXWORX (Virtual)
Wed	19:00 - 19:45	Body Pump®
Wed	19:30 - 20:30	BODYBALANCE (Virtual)
Wed	19:45 - 20:30	BODYCOMBAT
Thu	10:00 - 10:45	Body Pump®
Thu	11:00 - 12:00	Low Circuit
Thu	12:00 - 12:30	BODYBALANCE (Virtual)
Thu	12:30 - 13:00	GRIT Strength
Thu	13:00 - 14:00	BODYBALANCE (Virtual)
Thu	14:00 - 15:00	BODYCOMBAT (Virtual)

<b>Day</b>	<b>Time</b>	<b>Session</b>
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
Fri	06:45 - 07:30	RPM
Fri	07:00 - 08:00	BODYBALANCE (Virtual)
Fri	07:45 - 08:15	Body Pump®
Fri	08:30 - 09:00	BODYBALANCE (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 - 13:00	BODYPUMP (Virtual)
Fri	12:00 - 12:30	BODYBALANCE (Virtual)
Fri	13:00 - 14:00	BODYBALANCE (Virtual)
Fri	13:15 - 13:45	CXWORX (Virtual)
Fri	14:30 - 15:30	BODYBALANCE (Virtual)
Fri	15:00 - 16:00	BODYCOMBAT (Virtual)
Fri	16:00 - 16:30	BODYBALANCE (Virtual)
Fri	16:30 - 17:15	SH'BAM

<b>Day</b>	<b>Time</b>	<b>Session</b>
Fri	17:30 - 18:15	Fitness 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	CXWORX
Fri	20:00 - 21:00	BODYBALANCE (Virtual)
Sat	08:30 - 09:30	BODYBALANCE (Virtual)
Sat	09:30 - 10:00	CXWORX
Sat	10:00 - 10:45	RPM
Sat	10:15 - 10:45	BODYBALANCE (Virtual)
Sat	11:00 - 12:00	Body Pump®
Sat	12:00 - 13:00	BODYBALANCE (Virtual)
Sat	14:00 - 15:00	BODYBALANCE (Virtual)
Sun	08:30 - 09:30	BODYBALANCE (Virtual)
Sun	10:30 - 11:30	BODYBALANCE (Virtual)
Sun	12:30 - 13:30	BODYBALANCE (Virtual)
Sun	14:30 - 15:30	BODYBALANCE (Virtual)