

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 19/04/2024

Times for Monday 22 January



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