


# Wigan Life Centre: Exercise classes

## Wigan Life Centre

Accurate as of 14/05/2024

Times for Saturday 30 June		
Time	Session	
08:00 - 17:00	Studio closed	
08:00 - 17:00	Studio closed	
08:00 - 17:00	Studio closed	
08:00 - 17:00	Studio closed	
08:00 - 17:00	Studio closed	
08:00 - 17:00	Studio closed	
08:00 - 17:00	Studio closed	
08:00 - 17:00	Studio closed	
08:00 - 17:00	Studio closed	
08:30 - 09:00	BODYCOMBAT (Virtual)	
08:30 - 09:30	BODYBALANCE (Virtual)	
09:05 - 09:50	Hatton Boxing	
10:00 - 10:45	RPM	
10:15 - 10:45	BODYBALANCE (Virtual)	
11:00 - 11:30	CXWORX (Virtual)	
11:00 - 12:00	Body Pump®	
11:00 - 12:00	Body Pump®	
12:00 - 13:00	BODYBALANCE (Virtual)	
14:00 - 15:00	BODYBALANCE (Virtual)	