

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 18/04/2024

Times for Saturday 21 July



Time	Session
08:00 - 17:00	Studio closed
08:00 - 17:00	Studio closed
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08:00 - 17:00	Studio closed
08:00 - 17:00	Studio closed
08:30 - 09:30	BODYBALANCE (Virtual)
09:30 - 10:00	GRIT Plyo
10:05 - 10:50	RPM
10:15 - 10:45	BODYBALANCE (Virtual)
11:00 - 11:30	CXWORX (Virtual)
12:00 - 13:00	BODYBALANCE (Virtual)
14:00 - 15:00	BODYBALANCE (Virtual)