

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 19/04/2024

Times for Thursday 26 July



| Time | Session |
|---------------|-----------------------|
| 10:15 - 11:00 | Body Pump® |
| 12:00 - 12:30 | CXWORX (Virtual) |
| 12:30 - 13:00 | GRIT Strength |
| 14:00 - 15:00 | BODYCOMBAT (Virtual) |
| 14:30 - 15:30 | BODYBALANCE (Virtual) |
| 15:30 - 16:00 | CXWORX (Virtual) |
| 16:00 - 16:30 | BODYBALANCE (Virtual) |
| 16:30 - 17:15 | Circuits |
| 17:00 - 18:00 | BODYBALANCE (Virtual) |
| 17:30 - 18:15 | Hatton Boxing |
| 18:30 - 19:00 | CXWORX (Virtual) |
| 18:30 - 19:30 | Yoga |
| 19:40 - 20:40 | Yoga |
| 19:45 - 20:30 | Circuits |