

# Wigan Life Centre: Exercise classes

## Wigan Life Centre

Accurate as of 25/04/2024

### Times for Tuesday 23 October



| Time          | Session               |
|---------------|-----------------------|
| 07:00 - 07:45 | RPM (Virtual)         |
| 07:00 - 08:00 | BODYBALANCE (Virtual) |
| 08:00 - 08:30 | SPRINT (virtual)      |
| 09:15 - 10:00 | BODYPUMP (Virtual)    |
| 10:00 - 10:45 | BODYCOMBAT            |
| 10:45 - 11:30 | Fitness Yoga          |
| 11:45 - 12:30 | Zumba Gold            |
| 12:00 - 12:30 | BODYBALANCE (Virtual) |
| 12:30 - 13:00 | GRIT Plyo             |
| 13:15 - 13:45 | CXWORX (Virtual)      |
| 15:00 - 15:45 | SH'BAM (Virtual)      |
| 16:00 - 16:30 | BODYBALANCE (Virtual) |
| 16:15 - 17:00 | RPM (Virtual)         |
| 17:00 - 18:00 | BODYBALANCE (Virtual) |
| 17:30 - 18:15 | X-treme Fitness       |
| 18:15 - 19:15 | BODYBALANCE (Virtual) |
| 18:30 - 19:15 | Body Pump®            |
| 19:15 - 20:00 | Hatton Boxing         |
| 19:30 - 20:30 | BODYBALANCE           |
| 20:45 - 21:30 | SH'BAM (Virtual)      |