

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 05/05/2024

Times for Friday 19 April



Time	Session
09:00 - 09:45	BODYCOMBAT
09:00 - 10:00	BODYBALANCE (Virtual)
10:00 - 10:45	RPM
10:30 - 11:30	BODYBALANCE (Virtual)
11:00 - 12:00	Circuits
12:00 - 13:00	BODYBALANCE (Virtual)
12:15 - 13:00	BODYPUMP (Virtual)
12:30 - 13:00	Fast 30
13:15 - 13:45	CXWORX (Virtual)
18:00 - 21:30	Studio closed
18:00 - 21:30	Studio closed