

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 26/04/2024

Times for Monday 22 April



Time	Session
09:00 - 10:00	Circuits
09:00 - 10:00	BODYBALANCE (Virtual)
10:15 - 11:00	RPM
10:30 - 11:30	BODYBALANCE (Virtual)
11:15 - 12:00	BODYPUMP (Virtual)
12:00 - 13:00	BODYBALANCE (Virtual)
12:15 - 13:15	BODYCOMBAT (Virtual)
12:30 - 13:00	Fast 30
13:30 - 14:00	CXWORX (Virtual)