

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 25/04/2024

Times for Tuesday 23 July



| 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) |