

Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 19/04/2024

Times for Monday 26 August



Time	Session
09:00 - 10:00	BODYBALANCE (Virtual)
09:00 - 10:00	Bootcamp
10:15 - 10:45	GRIT Cardio
11:00 - 12:00	BODYBALANCE (Virtual)
12:00 - 12:45	RPM
12:30 - 13:00	Fast 30
13:00 - 13:45	Body Pump®
13:00 - 14:00	BODYBALANCE (Virtual)
14:00 - 15:00	BODYCOMBAT (Virtual)