


# Wigan Life Centre: Exercise classes

## Wigan Life Centre

Accurate as of 17/05/2024

Times for Sunday 1 September		
Time	Session	
08:00 - 17:00	Studio closed	
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08:00 - 17:00	Studio closed	
08:00 - 19:00	Studio closed	
08:30 - 09:30	BODYBALANCE (Virtual)	
10:00 - 10:45	Couch to 5k Run Group	
10:30 - 11:30	BODYBALANCE (Virtual)	
12:30 - 13:30	BODYBALANCE (Virtual)	
14:30 - 15:30	BODYBALANCE (Virtual)	