Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 12/10/2024

Times for Monday 21 October

Time	Session
06:45 - 07:30	Indoor Cycle
07:00 - 08:00	BODYBALANCE (Virtual)
07:45 - 08:15	RPM (Virtual)
09:30 - 10:15	Legs, Bums & Tums
10:30 - 11:30	BODYCOMBAT (Virtual)
11:30 - 12:00	BODYBALANCE (Virtual)
12:15 - 13:00	Pilates
12:30 - 13:00	Fast 30
13:30 - 14:30	Tai Chi
14:00 - 15:00	BODYBALANCE (Virtual)
15:00 - 15:45	RPM (Virtual)
16:30 - 17:00	CXWORX (Virtual)
17:30 - 18:15	RPM
17:30 - 18:30	Yoga
18:15 - 19:00	Body Pump®
18:45 - 19:15	CXWORX (Virtual)
19:15 - 19:45	GRIT Cardio
19:30 - 20:30	BODYBALANCE (Virtual)
20:00 - 20:45	SH'BAM (Virtual)