

# Wigan Life Centre: Exercise classes

## Wigan Life Centre

Accurate as of 17/05/2025

### Times for Wednesday 13 November



| Time          | Session               |
|---------------|-----------------------|
| 06:45 - 07:30 | RPM                   |
| 07:00 - 08:00 | BODYBALANCE (Virtual) |
| 07:45 - 08:15 | BODYPUMP (Virtual)    |
| 09:45 - 10:45 | BODYBALANCE (Virtual) |
| 10:00 - 10:30 | GRIT Cardio           |
| 10:00 - 11:00 | BODYCOMBAT            |
| 11:15 - 11:45 | CXWORX (Virtual)      |
| 12:00 - 12:30 | BODYBALANCE (Virtual) |
| 12:15 - 13:00 | Back Care             |
| 12:30 - 13:00 | Fast 30               |
| 14:00 - 15:00 | BODYPUMP (Virtual)    |
| 14:30 - 15:30 | BODYBALANCE (Virtual) |
| 16:00 - 16:30 | BODYBALANCE (Virtual) |
| 16:15 - 17:00 | Teen Circuit          |
| 17:15 - 18:00 | Legs, Bums & Tums     |
| 17:15 - 18:15 | Yogalates             |
| 18:05 - 18:50 | RPM                   |
| 18:30 - 19:30 | BODYBALANCE (Virtual) |
| 19:00 - 19:45 | Body Pump®            |
| 19:45 - 20:15 | Total Abs             |
| 19:45 - 20:45 | BODYBALANCE (Virtual) |

**Time**

**Session**

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20:45 - 21:15

CXWORX (Virtual)