Wigan Life Centre: Exercise classes

Wigan Life Centre

Accurate as of 12/10/2024

Times for Tuesday 19 November

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)