

Studio sessions

Wigan Life Centre

Accurate as of 17/05/2025

Times for Monday 29 November



Time	Session	Facility
08:15 - 09:00	Body Pump - Virtual	Studio 1
09:30 - 10:15	Sh'bam - Virtual	Studio 1
11:00 - 11:45	Legs, Bums & Tums	Studio 1
12:00 - 12:45	Pilates	Studio 1
13:15 - 14:15	Tai Chi	Studio 1
16:15 - 16:45	Les Mills Core - Virtual	Studio 1
17:45 - 18:30	Hatton Boxing	Studio 1
18:40 - 19:25	Yoga	Studio 1
20:15 - 20:45	Les Mills Core - Virtual	Studio 1