Last updated:13-Oct

Wigan class timetable

Please note that weekly class timetables are subject to change
Please book your place through the app

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:15 - 07:00 Rig Fitness Coach - Upper Gym Floor	**06:15 - 07:00** Rig Fitness Coach - Upper Gym Floor	**06:15 - 07:00** Athletic Performance Fitness Coach - Hybrid Zone	**06:15 - 07:00** Spin: Coach By Colour Nic - Spin Studio	**06:15 - 07:00** Athletic Performance Fitness Coach - Hybrid Zone	**08.15 - 09.00** Strength & Conditioning Fitness Coach - Studio 2
09:00 - 09:45 Rig Mel - Upper Gym Floor	**09.15 - 10.00** Athletic Performance Fitness Coach - Hybrid Zone	**09:15 - 10:00** Strength & Conditioning Roger - Lower Gym Floor	**09:30 - 10:15** Zumba Jenny - Studio 2	**09:30 - 10:15** Body Blast Fitness Coach - Studio 2	**09.05 - 09.50** Spin Kitti - Spin Studio
10.00 - 10.45 Lift & Row Fitness Coach - Lower Gym Floor	**09:15 - 10:00** Spin Donna - Spin Studio	**09:45 - 10:30** Aerobics Becca - Studio 2	**10:00 - 10:45** Functional Fitness Fitness Coach - Upper Gym Floor	**10:00 - 11:00** Yoga: Traditional Rosie - Studio 1	**10:00 - 10:45** Bootcamp Laureena - Studio 2
10.00 - 11:00 Les Mills: BODYCOMBAT Lisa - Studio 1	**09.15 - 10.00** DanceFit Jenny - Studio 1	**10.20 - 10.55** Stretch Kitti - Studio 2	**10:20 - 11:05** Aqua Carol - Small Pool	**10:20 - 11:05** Aqua Zumba Jenny - Small Pool	**11:00 - 11:45** Yoga: Vinyasa Flow Rosie - Studio 1
11:00 - 11.45 Aqua Laureena - Small Pool	**10:15 - 10:45** Core Josh - Studio 1	**10:35 - 11:20** Pilates Lindsay - Studio 1	**11:00 - 12:00** Pilates Jilly - Studio 1	**10:30 - 11:45** Aerobics Becca - Studio 2	
11.00 - 11.45 Zumba Jenny - Studio 2	**10:15 - 11.15** Les Mills: BODYPUMP Donna - Studio 2	**11:15 - 12:00** Aqua Maddie - Small Pool	**17:45 - 18.30** Athletic Performance Fitness Coach - Hybrid Zone	**17:30 - 18.30** Athletic Performance Fitness Coach - Hybrid Zone	
11.15 - 12.00 Pilates Lindsay - Studio 1	**11:15 - 12:00** Aqua Maddie - Small Pool	**17:45 - 18:30** Lift & Row Fitness Coach - Lower Gym Floor	**18:00 - 19:00** Les Mills: BODYPUMP Suzie - Studio 2		
13:30 - 14.15 Aqua Zumba Jenny - Small Pool	**11:15 - 12:00** L.B.T Evija - Studio 2	**18:00 - 18:45** Les Mills: BODYCOMBAT Jane - Studio 2	**18:15 - 19:00** Spin: Coach By Colour Ian J - Spin Studio		
17:30 - 18:15 Athletic Performance Fc - Hybrid Zone	**13:30 - 14.15** Aqua Zumba Jenny - Small Pool	**18:00 - 19:00** Fit Kids 4-10 yrs Carol - Studio 1			
18:15 - 19.00 Spin Ian J - Spin Studio	**17:30 - 18.15** Athletic Performance Fitness Coach - Hybrid Zone	**19:00 - 19:45** Bootcamp Joe - Hybrid Zone			
18:15 - 19.00 Bootcamp Ste - Studio 2	**17:30 - 18.15** Athletic Pilates Zoei - Studio 1	**19:15 - 20:00** Aqua Carol - Small Pool			
19.00 - 20:00 Yoga Rosie - Studio 1	**18.00 - 19.00** Family Circuits 11+ Danielle - Lower Gym Floor				
	18:00 - 19:00 Les Mills: BODYPUMP Suzie - Studio 2				
	19:10 - 19:55 Bootcamp Joe - Hybrid Zone				

Sunday
08.45 - 09.30 Rig Fitness Coach - Lower Gym Floor
10.00 - 11.00 Yin Yoga Rosie - Studio 2
10:00 - 10:45 Spin Fitness Coach - Spin Studio
11:10 - 11:55 Stretch Fitness Coach - Studio 1

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