

Wigan Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

totalfitness

Monday				6:00 - 22:00			
6:15-7:00	Body Blast	Fitness Coach	Studio 2				
9:15-10:00	Rig	Mel	Upper Gym Floor Rig				
10:00-10:45	Les Mills Body Combat	Hayley	Studio 2				
11:00-11:45	Aqua	Fitness Coach	Small Pool				
11:00-11:45	Zumba	Jenny	Studio 2				
11:15-12:00	Pilates	Lindsay	Studio 1				
17:30-18:00	H.I.I.T	Fitness Coach	Studio 2				
18:00-19:00	Fit Kids (4-10yrs)	Carol	Studio 1				
18:15-19:00	Performance Spin	Ian M	Spin Studio				
19:00-19:45	Pilates	Faye	Studio 2				

Wednesday				6:00 - 22:00			
6:15-7:00	Rig	Fitness Coach	Lower Gym Floor Rig				
8:45-9:30	Strength & Conditioning	Roger	Lower Gym Floor Rig				
9:30-10:15	Spin	Carol	Spin Studio				
9:45-10:30	Aerobics	Becca	Studio 2				
10:30-11:15	Pilates	Lindsay	Studio 2				
10:30-11:15	Body Blast	Fitness Coach	Studio 1				
11:00-11:45	Aqua	Jilly	Small Pool				
17:30-18:15	Les Mills Body Combat	Jane	Studio 2				
18:00-19:00	Fit Kids (4-10yrs)	Carol	Studio 1				
18:15-19:00	Spin	Peter	Spin Studio				
18:30-19:15	Strength & Conditioning	Fitness Coach	Studio 2				
19:15-20:00	Aqua	Carol	Small Pool				

Friday				6:00 - 21:00			
6:15-7:00	Body Blast	Fitness Coach	Studio 1				
9:30-10:15	Body Blast	Fitness Coach	Studio 1				
10:00-11:00	Yoga	Rosie	Studio 2				
10:30-11:15	Aerobics	Becca	Studio 1				
10:20-11:00	Aqua	Maddie	Small Pool				
11:20-12:05	Athletic Performance	Fitness Coach	Studio 2				

Tuesday				6:00 - 22:00			
6:15-7:00	Rig	Fitness Coach	Upper Gym Floor Rig				
9:30-10:15	Spin	Donna	Spin Studio				
10:15-10:45	Core	Fitness Coach	Studio 1				
10:30-11:30	Body Pump	Donna	Studio 2				
11:15-12:00	Aqua	Maddie	Small Pool				
11:15-12:00	L.B.T	Evija	Studio 1				
17:30-18:15	HYROX Style Rig	Instructor	Lower Gym Floor Rig				
18:00-19:00	Body Pump	Suzie	Studio 2				
18:30-19:30	Zumba	Maddie	Studio 1				

Thursday				6:00 - 22:00			
6:30-7:00	Spin	Nic	Spin Studio				
9:30-10:30	Zumba	Jenny	Studio 2				
10:00-10:45	Functional Fitness	Fitness Coach	Upper Gym Floor Rig				
10:20-11:05	Aqua	Carol	Small Pool				
11:00-11:45	Pilates	Jilly	Studio 2				
17:30-18:15	Rig	Fitness Coach	Lower Gym Floor Rig				
18:00-19:00	Fit Kids (4-10yrs)	Carol	Studio 1				
18:00-19:00	Les Mills Body Pump	Suzie	Studio 2				
18:00-19:00	Spin	Ian J	Spin Studio				

Saturday				8:00 - 19:00			
8:15-8:45	Strength & Conditioning	Kitti	Studio 1				
9:00-9:45	Spin	Sam	Spin Studio				
10:00-10:45	Boot Camp	Sam	Studio 2				
10:00-10:45	Boxing Circuit	Roger	Studio 1				
11:00-12:00	Yoga	Rosie	Studio 2				

Sunday				8:00 - 19:00			
8:45-9:30	Rig	Kitti	Lower Gym Floor Rig				
10:00-10:45	Spin	Kitti	Studio 2				
10:00-11:00	Yin Yoga	Rosie	Studio 1				
11:00-11:30	Stretch	Kitti	Studio 2				