

# Wigan class timetable

Last updated: June

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

| Monday                                                                                 | Tuesday                                                                                | Wednesday                                                                              | Thursday                                                                               | Friday                                                                                 | Saturday                                                                               |
|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <b>06:15 - 07:00</b><br><b>Bootcamp</b><br>Fitness Coach - Studio 2                    | <b>06:15 - 07:00</b><br><b>Rig</b><br>Fitness Coach - Upper Gym Floor                  | <b>06:15 - 07:00</b><br><b>Athletic Performance</b><br>Fitness Coach - Lower Gym Floor | <b>06:15 - 07:00</b><br><b>Spin</b><br>Nic - Spin Studio                               | <b>06:15 - 07:00</b><br><b>Athletic Performance</b><br>Fitness Coach - Lower Gym Floor | <b>08:15 - 09:00</b><br><b>Strength &amp; Conditioning</b><br>Fitness Coach - Studio 2 |
| <b>09:00 - 09:45</b><br><b>Rig</b><br>Mel - Upper Gym Floor                            | <b>07:05 - 07:35</b><br><b>Core</b><br>Fitness Coach - Upper Gym Floor                 | <b>07:30 - 08:15</b><br><b>Athletic Performance</b><br>Fitness Coach - Lower Gym Floor | <b>07:05 - 07:35</b><br><b>Core</b><br>Fitness Coach - Studio 2                        | <b>09:30 - 10:15</b><br><b>Body Blast</b><br>Fitness Coach - Studio 2                  | <b>09:00 - 09:45</b><br><b>Spin</b><br>Sam - Spin Studio                               |
| <b>10:00 - 10:45</b><br><b>Lift &amp; Row</b><br>Fitness Coach - Studio 2              | <b>09:15 - 10:00</b><br><b>Athletic Performance</b><br>Fitness Coach - Lower Gym Floor | <b>08:45 - 09:30</b><br><b>Strength &amp; Conditioning</b><br>Roger - Lower Gym Floor  | <b>09:30 - 10:15</b><br><b>Zumba</b><br>Jenny - Studio 2                               | <b>10:00 - 11:00</b><br><b>Yoga: Traditional</b><br>Rosie - Studio 1                   | <b>10:00 - 10:45</b><br><b>Bootcamp</b><br>Sam - Studio 2                              |
| <b>10:00 - 11:00</b><br><b>Les Mills Body Combat</b><br>Hayley - Studio 1              | <b>09:15 - 10:00</b><br><b>Spin</b><br>Donna - Spin Studio                             | <b>09:45 - 10:30</b><br><b>Aerobics</b><br>Becca - Studio 2                            | <b>10:00 - 10:45</b><br><b>Functional Fitness</b><br>Fitness Coach - Upper Gym Floor   | <b>10:20 - 11:05</b><br><b>Aqua</b><br>Maddie - Small Pool                             | <b>11:00 - 11:45</b><br><b>Yoga: Vinyasa Flow</b><br>Rosie - Studio 1                  |
| <b>11:00 - 11:45</b><br><b>Aqua</b><br>Henry - Small Pool                              | <b>10:15 - 10:45</b><br><b>Core</b><br>Fitness Coach - Studio 1                        | <b>10:30 - 11:30</b><br><b>Pilates</b><br>Lindsay - Studio 1                           | <b>10:20 - 11:05</b><br><b>Aqua</b><br>Carol - Small Pool                              | <b>10:30 - 11:45</b><br><b>Aerobics</b><br>Becca - Studio 2                            |                                                                                        |
| <b>11:00 - 11:45</b><br><b>Zumba</b><br>Jenny - Studio 2                               | <b>10:15 - 11:15</b><br><b>Les Mills Body Pump</b><br>Donna - Studio 2                 | <b>10:40 - 11:25</b><br><b>Body Blast</b><br>Fitness Coach - Studio 2                  | <b>10:30 - 11:15</b><br><b>L.B.T</b><br>Kitti - Studio 2                               | <b>17:30 - 18:00</b><br><b>HIIT</b><br>Fitness Coach - Studio 2                        |                                                                                        |
| <b>11:15 - 12:00</b><br><b>Pilates</b><br>Lindsay - Studio 1                           | <b>11:15 - 12:00</b><br><b>Aqua</b><br>Maddie - Small Pool                             | <b>11:15 - 12:00</b><br><b>Aqua</b><br>Jilly - Small Pool                              | <b>11:00 - 11:45</b><br><b>Pilates</b><br>Jilly - Studio 1                             | <b>18:05 - 18:35</b><br><b>Core</b><br>Fitness Coach - Studio 2                        | <b>08:45 - 09:30</b><br><b>Rig</b><br>Fitness Coach - Lower Gym Floor                  |
| <b>17:30 - 18:15</b><br><b>Athletic Performance</b><br>Fitness Coach - Lower Gym Floor | <b>11:15 - 12:00</b><br><b>L.B.T</b><br>Evija - Studio 2                               | <b>17:30 - 18:00</b><br><b>Core</b><br>Fitness Coach - Upper Gym Floor                 | <b>17:30 - 18:15</b><br><b>Athletic Performance</b><br>Fitness Coach - Lower Gym Floor |                                                                                        | <b>09:50 - 10:50</b><br><b>Yoga: Yin</b><br>Rosie - Studio 1                           |
| <b>18:00 - 19:00</b><br><b>Fit Kids 4-10 yrs</b><br>Carol - Studio 1                   | <b>17:30 - 18:15</b><br><b>Athletic Performance</b><br>Fitness Coach - Lower Gym Floor | <b>18:00 - 18:45</b><br><b>Les Mills Body Combat</b><br>Jane - Studio 2                | <b>18:00 - 19:00</b><br><b>Fit Kids 4-10 yrs</b><br>Carol - Studio 1                   |                                                                                        | <b>10:00 - 10:45</b><br><b>Spin</b><br>Fitness Coach - Spin Studio                     |
| <b>18:15 - 19:00</b><br><b>Performance Spin</b><br>Ian M - Spin Studio                 | <b>18:00 - 18:45</b><br><b>Zumba</b><br>Maddie - Studio 1                              | <b>18:00 - 19:00</b><br><b>Fit Kids 4-10 yrs</b><br>Carol - Studio 1                   | <b>18:00 - 19:00</b><br><b>Les Mills Body Pump</b><br>Suzie - Studio 2                 |                                                                                        | <b>11:10 - 11:55</b><br><b>Stretch</b><br>Fitness Coach - Studio 1                     |
| <b>18:15 - 19:00</b><br><b>Functional Fitness</b><br>Ste - Studio 2                    | <b>18:00 - 19:00</b><br><b>Les Mills Body Pump</b><br>Suzie - Studio 2                 | <b>18:15 - 19:00</b><br><b>Spin</b><br>Michelle - Spin Studio                          | <b>18:15 - 19:00</b><br><b>Spin</b><br>Ian J - Spin Studio                             |                                                                                        |                                                                                        |
| <b>19:00 - 20:00</b><br><b>Pilates</b><br>Faye - Studio 1                              | <b>18:50 - 19:25</b><br><b>Stretch</b><br>Maddie - Studio 1                            | <b>18:05 - 18:50</b><br><b>Kettlebell</b><br>Fitness Coach - Upper Gym Floor           |                                                                                        |                                                                                        |                                                                                        |
|                                                                                        |                                                                                        | <b>19:15 - 20:00</b><br><b>Aqua</b><br>Carol - Small Pool                              |                                                                                        |                                                                                        |                                                                                        |

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