

Studio sessions

Wigan Life Centre

Accurate as of 01/07/2024

Times for Wednesday 26 June



| Time | Session | Facility |
|---------------|------------------------|--------------|
| 06:45 - 07:15 | Body Balance - Virtual | Studio 1 |
| 06:45 - 07:15 | Sprint - Virtual | Cycle Studio |
| 08:15 - 09:00 | Body Combat - Virtual | Studio 1 |
| 09:30 - 10:15 | The Trip (Virtual) | Cycle Studio |
| 09:30 - 10:30 | Body Pump - Virtual | Studio 1 |
| 11:00 - 11:45 | Low Circuit | Studio 1 |
| 12:30 - 13:00 | Fast 30 | Gym |
| 12:30 - 13:15 | Back Care | Studio 1 |
| 13:00 - 13:45 | Sprint - Virtual | Cycle Studio |
| 13:45 - 14:15 | Grit Cardio | Studio 1 |
| 15:00 - 16:00 | Body Pump - Virtual | Studio 1 |
| 16:00 - 16:45 | RPM - Virtual | Cycle Studio |
| 17:15 - 18:15 | Yoga | Studio 1 |
| 17:30 - 18:15 | RPM | Cycle Studio |
| 18:30 - 19:00 | Sprint - Virtual | Cycle Studio |
| 18:30 - 19:15 | Legs, Bums & Tums | Studio 1 |
| 19:30 - 20:00 | Body Balance - Virtual | Studio 1 |
| 19:30 - 20:00 | The Trip (Virtual) | Cycle Studio |