

Studio sessions

Wigan Life Centre

Accurate as of 19/07/2024

Times for Thursday 25 July



| Time | Session | Facility |
|---------------|------------------------|--------------|
| 10:15 - 10:45 | Sh'bam - Virtual | Studio 1 |
| 10:15 - 11:00 | RPM - Virtual | Cycle Studio |
| 11:30 - 12:00 | Sprint - Virtual | Cycle Studio |
| 11:30 - 12:15 | Low Circuit | Studio 1 |
| 12:30 - 13:15 | RPM - Virtual | Cycle Studio |
| 13:00 - 13:45 | Dance Fitness | Studio 1 |
| 13:45 - 14:15 | Sprint - Virtual | Cycle Studio |
| 14:00 - 14:30 | Body Balance - Virtual | Studio 1 |
| 14:45 - 15:30 | Body Combat - Virtual | Studio 1 |
| 16:00 - 16:45 | The Trip (Virtual) | Cycle Studio |
| 17:00 - 17:30 | RPM - Virtual | Cycle Studio |
| 17:45 - 18:30 | Body Pump | Studio 1 |
| 18:30 - 19:15 | The Trip (Virtual) | Cycle Studio |
| 18:40 - 19:40 | Yoga | Studio 1 |
| 19:45 - 20:30 | Body Pump - Virtual | Studio 1 |