

# Studio sessions

## Wigan Life Centre

Accurate as of 21/07/2024

### Times for Saturday 27 July



| Time          | Session                | Facility     |
|---------------|------------------------|--------------|
| 08:30 - 09:00 | Grit Strength          | Studio 1     |
| 08:30 - 09:15 | The Trip (Virtual)     | Cycle Studio |
| 08:30 - 09:30 | Body Balance - Virtual | Studio 1     |
| 09:30 - 10:15 | RPM - Virtual          | Cycle Studio |
| 10:45 - 11:30 | Hatton Boxing          | Studio 1     |
| 11:00 - 11:45 | RPM - Virtual          | Cycle Studio |
| 13:45 - 14:15 | Sprint - Virtual       | Cycle Studio |