

# Studio sessions

## Wigan Life Centre

Accurate as of 31/07/2024

### Times for Tuesday 6 August



Time	Session	Facility
06:45 - 07:15	Grit Cardio	Studio 1
06:45 - 07:30	The Trip (Virtual)	Cycle Studio
07:30 - 08:00	Les Mills Core - Virtual	Studio 1
08:45 - 09:30	Body Pump - Virtual	Studio 1
09:30 - 10:15	RPM - Virtual	Cycle Studio
10:00 - 10:45	Body Pump	Studio 1
12:15 - 12:45	GRIT Plyo	Studio 1
12:30 - 13:15	RPM - Virtual	Cycle Studio
14:00 - 15:00	Body Balance - Virtual	Studio 1
15:15 - 15:45	CXWORX (Virtual)	Studio 1
16:00 - 16:45	Body Attack - Virtual	Studio 1
16:00 - 16:45	RPM - Virtual	Cycle Studio
16:30 - 17:15	Let's Get Movin' (11-15 yrs)	Gym
17:00 - 17:30	RPM - Virtual	Cycle Studio
17:45 - 18:15	Sprint - Virtual	Cycle Studio
17:45 - 18:30	Zumba (14yrs+)	Studio 1
18:30 - 19:15	The Trip (Virtual)	Cycle Studio
18:45 - 19:30	Body Pump	Studio 1