

Studio sessions

Wigan Life Centre

Accurate as of 03/08/2024

Times for Friday 9 August



| Time | Session | Facility |
|---------------|------------------------|--------------|
| 06:45 - 07:15 | CXWORX (Virtual) | Studio 1 |
| 06:45 - 07:15 | RPM - Virtual | Cycle Studio |
| 07:30 - 08:00 | Body Balance - Virtual | Studio 1 |
| 08:15 - 09:00 | Body Pump - Virtual | Studio 1 |
| 09:30 - 10:15 | The Trip (Virtual) | Cycle Studio |
| 09:30 - 10:30 | Pilates | Studio 1 |
| 10:00 - 10:45 | Indoor Cycle | Cycle Studio |
| 10:45 - 11:30 | Body Combat | Studio 1 |
| 13:00 - 13:30 | GRIT Plyo | Studio 1 |
| 14:00 - 14:30 | Body Balance - Virtual | Studio 1 |
| 14:15 - 14:45 | Sprint - Virtual | Cycle Studio |
| 16:00 - 16:45 | The Trip (Virtual) | Cycle Studio |
| 16:30 - 17:30 | Body Combat - Virtual | Studio 1 |
| 17:00 - 17:30 | RPM - Virtual | Cycle Studio |
| 17:30 - 18:15 | Yoga | Studio 1 |
| 17:45 - 18:15 | Sprint - Virtual | Cycle Studio |
| 18:30 - 19:15 | Body Attack - Virtual | Studio 1 |
| 19:00 - 19:45 | The Trip (Virtual) | Cycle Studio |