

# Studio sessions

## Wigan Life Centre

Accurate as of 26/10/2024

### Times for Wednesday 23 October



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