

# Studio sessions

## Wigan Life Centre

Accurate as of 26/10/2024

### Times for Monday 28 October



Time	Session	Facility
06:45 - 07:15	Grit Strength	Studio 1
06:45 - 07:15	RPM - Virtual	Cycle Studio
07:30 - 08:00	Les Mills Core - Virtual	Studio 1
08:15 - 09:00	Body Pump - Virtual	Studio 1
09:30 - 10:15	Sh'bam - Virtual	Studio 1
09:30 - 10:15	The Trip (Virtual)	Cycle Studio
11:00 - 11:45	Legs, Bums & Tums	Studio 1
12:00 - 12:45	Pilates	Studio 1
13:00 - 13:45	The Trip (Virtual)	Cycle Studio
13:15 - 14:15	Tai Chi	Studio 1
14:30 - 15:00	Grit Cardio	Studio 1
16:00 - 16:45	RPM - Virtual	Cycle Studio
16:15 - 16:45	Les Mills Core - Virtual	Studio 1
17:15 - 17:45	Sprint - Virtual	Cycle Studio
17:45 - 18:30	Hatton Boxing	Studio 1
18:40 - 19:25	Yoga	Studio 1
19:30 - 20:00	RPM - Virtual	Cycle Studio
20:15 - 20:45	Les Mills Core - Virtual	Studio 1