

# Studio sessions

## Wigan Life Centre

Accurate as of 20/04/2024

### Times for Friday 3 December



Time	Session	Facility
07:30 - 08:00	Body Balance - Virtual	Studio 1
08:15 - 09:00	Body Pump - Virtual	Studio 1
09:30 - 10:30	Pilates	Studio 1
10:45 - 11:30	Body Combat	Studio 1
12:00 - 13:00	Sh'bam - Virtual	Studio 1
16:30 - 17:30	Body Combat - Virtual	Studio 1
17:30 - 18:15	Yoga	Studio 1
18:30 - 19:15	Body Attack - Virtual	Studio 1