

Studio sessions

Wigan Life Centre

Accurate as of 05/03/2026

Times for Friday 23 January



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 Conditioning	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