Studio sessions

Wigan Life Centre

Accurate as of 10/10/2026

Times for Saturday 24 January

Time	Session	Facility
08:30 - 09:00	Grit Strength	Studio 1
08:30 - 09:15	The Trip (Virtual)	Cycle Studio
08:30 - 09:30	Body Balance - Virtual	Studio 1
09:30 - 10:15	RPM - Virtual	Cycle Studio
11:00 - 11:45	RPM - Virtual	Cycle Studio
13:45 - 14:15	Sprint - Virtual	Cycle Studio