

Studio sessions

Wigan Life Centre

Accurate as of 02/10/2026

Times for Thursday 8 October



Time	Session	Facility
10:15 - 10:45	Sh'bam - Virtual	Studio 1
10:15 - 11:00	RPM - Virtual	Cycle Studio
11:30 - 12:00	Sprint - Virtual	Cycle Studio
11:30 - 12:15	Low Circuit	Studio 1
12:30 - 13:15	RPM - Virtual	Cycle Studio
13:00 - 13:45	Dance Fitness	Studio 1
13:45 - 14:15	Sprint - Virtual	Cycle Studio
14:00 - 14:30	Body Balance - Virtual	Studio 1
14:45 - 15:30	Body Combat - Virtual	Studio 1
16:00 - 16:45	The Trip (Virtual)	Cycle Studio
17:00 - 17:30	RPM - Virtual	Cycle Studio
17:45 - 18:30	Body Pump	Studio 1
18:30 - 19:15	The Trip (Virtual)	Cycle Studio
18:40 - 19:40	Yoga	Studio 1
19:45 - 20:30	Body Pump - Virtual	Studio 1