

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 19/04/2024

Times for Tuesday 30 May



| Time | Session | Facility | Instructor |
|---------------|-------------|--------------|------------|
| 17:15 - 18:15 | Body Attack | Dance Studio | Melissa |
| 18:30 - 19:30 | Yoga 14+ | Innbox | Emily S |