## **Lings Forum Studio Timetable Lings Forum Leisure Centre**

Accurate as of 17/05/2024

Times for Tuesday 14 August			<b>©</b>
Time	Session	Facility	Instructor
17:15 - 18:15	Body Attack	Dance Studio	Melissa
18:30 - 19:30	Yoga 14+	Innbox	Emily S