

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 20/05/2024

### Times for Monday 22 April



Time	Session	Facility	Instructor
09:30 - 10:15	Aqua Aerobics 14+	Indoor Pool (25.0m)	Ashli
10:15 - 11:00	Aqua Aerobics 14+	Indoor Pool (25.0m)	Emily S
17:00 - 18:00	Body Balance	Dance Studio	Isabela
17:15 - 18:15	Kickboxing 14+	Innbox	Lisa
18:00 - 18:45	Indoor Cycling 14+	Cycle Studio	Sarah
18:20 - 19:20	Pilates 14+	Innbox	Wendy
18:50 - 19:35	Indoor Cycling 14+	Cycle Studio	Sarah
19:15 - 20:00	TRX Super Circuits	Dance Studio	Geoff
19:30 - 20:00	SWEAT	Main Hall	Joe
19:30 - 20:30	Dancefit 14+	Innbox	Wendy
20:00 - 20:30	SWEAT	Main Hall	Joe