

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 20/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Instructor
06:30 - 07:00	SWEAT	Main Hall	Zoe
07:00 - 07:30	SWEAT	Main Hall	Zoe
09:30 - 10:30	Body Combat	Dance Studio	Carla
11:00 - 12:00	Tai Chi 14+	Innbox	Nick
17:15 - 18:15	Body Attack	Dance Studio	Melissa
17:15 - 18:15	Zumba 14+	Innbox	Helen
18:30 - 19:15	Indoor Cycling 14+	Cycle Studio	Zoe
18:30 - 19:30	Yoga 14+	Innbox	Emily S
18:30 - 19:30	Body Combat	Dance Studio	Carla