

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 20/05/2024

Times for Wednesday 24 April



| Time | Session | Facility | Instructor |
|---------------|-----------------------|--------------|------------|
| 09:30 - 10:30 | Body Attack | Dance Studio | Ashli |
| 18:00 - 19:00 | Body Combat | Dance Studio | Carla |
| 18:00 - 19:00 | TaeBo | Innbox | Nick |
| 19:15 - 20:00 | Body Conditioning 14+ | Dance Studio | Cat |