

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 08/05/2024

### Times for Wednesday 1 May



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