

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 09/06/2026

### Times for Tuesday 9 June



Time	Session	Facility	Instructor
17:15 - 18:15	Body Attack	Dance Studio	Melissa
17:15 - 18:15	Zumba	Innbox	Helen
18:30 - 19:30	Yoga 14+	Innbox	Emily S
18:30 - 19:30	Body Combat	Dance Studio	Carla