

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 09/06/2026

Times for Wednesday 10 June



Time	Session	Facility	Instructor
11:00 - 12:00	Yoga 14+	Innbox	Emily S
18:00 - 19:00	Body Combat	Dance Studio	Carla
19:15 - 20:00	Body Conditioning 14+	Dance Studio	Cat