

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 09/06/2026

Times for Monday 15 June



Time	Session	Facility	Instructor
09:30 - 10:30	Body Pump	Dance Studio	Dawn S
10:15 - 11:00	Aqua Aerobics	Indoor Pool (25.0m)	Emily S
10:30 - 11:30	Body Conditioning 14+	Dance Studio	Dawn S
17:15 - 18:15	Kickboxing 14+	Dance Studio	Lisa
18:00 - 18:45	Indoor Cycling 14+	Cycle Studio	Sarah
18:20 - 19:20	Pilates 14+	Innbox	Wendy
19:15 - 20:00	TRX Super Circuits	Dance Studio	Geoff
19:30 - 20:30	Dancefit 14+	Innbox	Wendy