## **Virtual Classes at Lings Lings Forum Leisure Centre**

## Accurate as of 07/05/2024

| Times for Thursday 22 March |                |              |
|-----------------------------|----------------|--------------|
| Time                        | Session        | Facility     |
| 06:30 - 07:00               | Virtual Combat | Dance Studio |
| 08:30 - 08:55               | Dayton         | Cycle Studio |
| 16:00 - 17:00               | Loch Leven     | Cycle Studio |