

Virtual Classes

Lings Forum Leisure Centre

Accurate as of 20/04/2019

Times for Wednesday 20 March



| Time | Session | Facility |
|---------------|-----------------|--------------|
| 06:30 - 07:30 | Virtual Combat | Dance Studio |
| 07:30 - 08:30 | Virtual Balance | Dance Studio |
| 10:30 - 11:30 | Virtual Pump | Dance Studio |
| 11:30 - 12:00 | Virtual CX Worx | Dance Studio |
| 12:00 - 12:45 | Virtual Sh'bam | Dance Studio |
| 14:00 - 15:00 | Virtual Pump | Dance Studio |