

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 03/05/2024

### Times for Monday 18 September



Time	Session
06:30 - 07:45	11+ Fitness Swim
08:00 - 09:00	11+ Fitness Swim
09:30 - 10:15	Aqua 14+
12:00 - 12:45	11+ Fitness Swim
20:00 - 21:00	11+ Fitness Swim Peak