

# Lings Forum Swimming Timetable

## Lings Forum Leisure Centre

Accurate as of 19/04/2024

### Times for Friday 19 April



Time	Session
06:30 - 07:45	11+ Fitness Swim
08:00 - 09:00	11+ Fitness Swim
09:30 - 12:00	50+ Day Aqua Aerobics
12:00 - 12:45	11+ Fitness Swim
13:00 - 15:00	School Use
16:00 - 19:00	Trilogy Swim School