Lings Forum Studio Timetable Lings Forum Leisure Centre

Accurate as of 11/05/2024

| Times for Tuesday 16 October | | | © |
|------------------------------|-------------|--------------|------------|
| Time | Session | Facility | Instructor |
| 17:15 - 18:15 | Body Attack | Dance Studio | Melissa |
| 18:30 - 19:30 | Yoga 14+ | Innbox | Emily S |