## **Lings Forum Studio Timetable Lings Forum Leisure Centre**

Accurate as of 25/04/2024

| Times for Tuesday 26 February |             |              | •          |
|-------------------------------|-------------|--------------|------------|
| Time                          | Session     | Facility     | Instructor |
| 17:15 - 18:15                 | Body Attack | Dance Studio | Melissa    |
| 18:30 - 19:30                 | Yoga 14+    | Innbox       | Emily S    |