

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 29/04/2024

Times for Monday 1 April



Time	Session	Facility	Instructor
09:30 - 10:15	Aqua Aerobics 14+	Indoor Pool (25.0m)	Ashli
10:15 - 11:00	Aqua Aerobics 14+	Indoor Pool (25.0m)	Emily S