

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 29/04/2024

Times for Wednesday 3 April



Time	Session	Facility	Instructor
09:30 - 10:30	Body Attack	Dance Studio	Ashli
18:00 - 19:00	Body Combat	Dance Studio	Carla
18:00 - 19:00	TaeBo	Innbox	Nick
19:15 - 20:00	Body Conditioning 14+	Dance Studio	Cat