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

Accurate as of 02/05/2024

Times for Saturday 29 April			<b>©</b>
Time	Session	Facility	Instructor
09:00 - 10:00	Indoor Cycling 14+	Cycle Studio	Tony
10:15 - 11:15	Zumba. 14+	Innbox	Helen