

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 29/04/2024

Times for Thursday 23 November			
Time	Session	Facility	Instructor
11:00 - 12:00	Yoga 14+	Innbox	Emily S
18:15 - 19:30	Yoga 14+	Innbox	Lynn
19:45 - 20:45	Pilates 14+	Innbox	Wendy