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

Accurate as of 18/05/2024

| Times for Monday 16 April |                    |              |            |
|---------------------------|--------------------|--------------|------------|
| Time                      | Session            | Facility     | Instructor |
| 18:00 - 18:45             | Indoor Cycling 14+ | Cycle Studio | Sarah      |
| 18:20 - 19:20             | Pilates 14+        | Innbox       | Wendy      |