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

Accurate as of 30/04/2024

| Times for Monday 18 June |                    |              | <b>©</b>   |
|--------------------------|--------------------|--------------|------------|
| Time                     | Session            | Facility     | Instructor |
| 18:00 - 18:45            | Indoor Cycling 14+ | Cycle Studio | Sarah      |
| 18:20 - 19:20            | Pilates 14+        | Innbox       | Wendy      |