

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 17/05/2025

Times for Thursday 16 August



Time	Session	Facility	Instructor
11:00 - 12:00	Yoga 14+	Innbox	Emily S
18:15 - 19:30	Yoga 14+	Innbox	Lynn
19:30 - 20:30	Pilates 14+	Innbox	Wendy