

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 04/05/2024

| Times for Saturday 18 August | | | |
|------------------------------|--------------------|--------------|------------|
| Time | Session | Facility | Instructor |
| 09:00 - 10:00 | Indoor Cycling 14+ | Cycle Studio | Tony |
| 09:00 - 10:00 | Yoga 14+ | Innbox | Sue |
| 10:15 - 11:15 | Zumba. 14+ | Innbox | Helen |