

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 23/04/2024

### Times for Monday 20 August



Time	Session	Facility	Instructor
18:00 - 18:45	Indoor Cycling 14+	Cycle Studio	Sarah
18:30 - 19:30	Pilates 14+	Innbox	Wendy