

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 03/05/2024

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