

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 19/04/2024

Times for Thursday 25 October



| Time | Session | Facility | Instructor |
|---------------|-------------|----------|------------|
| 11:00 - 12:00 | Yoga 14+ | Innbox | Emily S |
| 18:15 - 19:30 | Yoga 14+ | Innbox | Lynn |
| 19:45 - 20:45 | Pilates 14+ | Innbox | Wendy |