

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 17/05/2025

Times for Thursday 27 June



| 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 |