

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 27/04/2024

Times for Monday 1 July



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