

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 19/05/2024

Times for Thursday 2 May

Time	Session	Facility	Instructor
09:30 - 10:30	Zumba 14+	Main Hall	Craig
11:00 - 12:00	Yoga 14+	Innbox	Emily S
17:30 - 18:30	Body Attack	Dance Studio	Melissa
18:15 - 19:30	Yoga 14+	Innbox	Lynn
18:45 - 19:30	Indoor Cycling 14+	Cycle Studio	Joe
19:45 - 20:45	Pilates 14+	Innbox	Wendy