

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 20/05/2024

Times for Friday 3 May



Time	Session	Facility	Instructor
08:00 - 13:00	50+ Activity Day	Main Hall	
10:30 - 11:15	Indoor Cycling 14+	Cycle Studio	Joe
17:30 - 18:30	Step Aerobics 14+	Dance Studio	Cat
18:30 - 19:00	MSE	Innbox	Cat