

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 20/05/2024

Times for Saturday 4 May



Time	Session	Facility	Instructor
09:00 - 10:00	Indoor Cycling 14+	Cycle Studio	Tony
09:00 - 10:00	Yoga 14+	Innbox	Sue
09:00 - 10:00	TRX 14+	Dance Studio	Geoff
10:15 - 11:15	Zumba. 14+	Innbox	Helen