## **Lings Forum Studio Timetable Lings Forum Leisure Centre**

Accurate as of 02/05/2024

Times for Monday 15 January			•
Time	Session	Facility	Instructor
18:00 - 18:45	Indoor Cycling 14+	Cycle Studio	Sarah
18:20 - 19:20	Pilates 14+	Innbox	Wendy