

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 30/04/2024

### Times for Monday 19 March



Time	Session	Facility	Instructor
18:00 - 18:45	Indoor Cycling 14+	Cycle Studio	Sarah
18:20 - 19:20	Pilates 14+	Innbox	Wendy