

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 15/05/2024

Times for Thursday 22 March

Time	Session	Facility	Instructor
11:00 - 12:00	Yoga 14+	Innbox	Emily S
18:15 - 19:30	Yoga 14+	Innbox	Lynn
19:30 - 20:30	P90X	Dance Studio	Zoe
19:45 - 20:45	Pilates 14+	Innbox	Wendy