

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 17/05/2025

### Times for Saturday 24 March



Time	Session	Facility	Instructor
09:00 - 10:00	Indoor Cycling 14+	Cycle Studio	Tony
10:15 - 11:15	Zumba. 14+	Dance Studio	Helen
10:15 - 11:30	Yoga 14+	Fitness Suite	Lynn