

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 19/04/2024

Times for Monday 26 March



Time	Session	Facility	Instructor
18:00 - 18:45	Indoor Cycling 14+	Cycle Studio	Sarah
18:30 - 19:30	Pilates 14+	Innbox	Wendy
20:30 - 21:30	Zumba. 14+	Main Hall	Wendy