

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 02/05/2024

Times for Monday 26 March			
Time	Session	Facility	Instructor
18:00 - 18:45	Indoor Cycling 14+	Cycle Studio	Sarah
18:20 - 19:20	Pilates 14+	Innbox	Wendy
20:30 - 21:30	Zumba. 14+	Main Hall	Wendy