

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 03/05/2024

### Times for Saturday 31 March



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