

Lings Forum Studio Timetable

Lings Forum Leisure Centre

Accurate as of 13/05/2024

Times for Thursday 18 October			
Time	Session	Facility	Instructor
11:00 - 12:00	Yoga 14+	Innbox	Emily S
18:15 - 19:30	Yoga 14+	Innbox	Lynn
19:45 - 20:45	Pilates 14+	Innbox	Wendy