

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 28/04/2024

### Times for Saturday 30 March



Time	Session	Facility	Instructor
09:00 - 10:00	Indoor Cycling 14+	Cycle Studio	Tony
09:00 - 10:00	Yoga 14+	Innbox	Sue
09:00 - 10:00	TRX 14+	Dance Studio	Geoff
10:15 - 11:15	Zumba. 14+	Innbox	Helen