

# Lings Forum Studio Timetable

## Lings Forum Leisure Centre

Accurate as of 10/05/2024

Times for Sunday 31 March			
Time	Session	Facility	Instructor
09:00 - 10:00	Indoor Cycling 14+	Cycle Studio	Tony
09:15 - 10:15	Free Style Pump	Dance Studio	Eleanor
10:30 - 11:15	H.I.I.T45	Dance Studio	Eleanor