


Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 12/05/2024

Times for Wednesday 22 March			
Time	Session	Facility	
07:00 - 07:45	Mobility and Stretch	Studio 1	
12:00 - 13:00	Yoga	Studio 1	
17:30 - 18:15	Teme Pump	Sports Hall	
18:30 - 19:15	Aerobics	Studio 1	
18:30 - 19:15	Kettlebell Body Blast	Studio 2	