


# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 15/05/2024

| Times for Friday 5 May |                   |             |  |
|------------------------|-------------------|-------------|---|
| Time                   | Session           | Facility    |   |
| 07:00 - 07:45          | Hiit              | Studio 1    |   |
| 09:30 - 10:15          | Body Conditioning | Sports Hall |   |
| 12:00 - 13:00          | Yoga              | Studio 1    |   |