## **Teme Ludlow Exercise Class Timetable Teme Ludlow**

Accurate as of 05/05/2024

Times for Tuesday 4 July		
Time	Session	Facility
07:30 - 08:15	Fitness Pilates	Studio 1
09:30 - 10:15	Studio Cycling	Sports Hall
10:30 - 11:15	Legs, Bums & Tums Body Blast	Studio 1
18:15 - 19:00	Reps and Sets	Studio 1