

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 17/05/2025

Times for Thursday 17 August



| Time | Session | Facility |
|---------------|----------------|-------------|
| 07:15 - 08:00 | YogaFlow | Studio 1 |
| 09:30 - 10:30 | Teme Pump | Sports Hall |
| 20:00 - 20:45 | Studio Cycling | Studio 1 |