

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 20/01/2018

### Times for Thursday 14 September



Time	Session	Facility
07:30 - 08:15	Pilates Stretch and Tone	Studio 1
09:20 - 10:20	Easy Tone	Studio 1
09:20 - 10:20	Creche	Creche
10:30 - 11:30	Creche	Creche
10:30 - 11:30	Boxercise	Studio 1
11:00 - 12:00	Aquacise	Diving Pit
12:00 - 13:00	Ballet for Grown Ups	Studio 1
13:15 - 14:15	Nifty Fifties	Studio 1
17:45 - 18:45	Flexible Fitness	Studio 1
19:00 - 20:00	Muscular Strength and Attitude	Studio 1
19:15 - 20:00	Aquafit	Diving Pit
20:15 - 21:00	Studio Cycling	Studio 1