

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 17/05/2025

### Times for Tuesday 19 September



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