Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 12/10/2024

Times for Monday 25 September

Time	Session	Facility
09:15 - 10:15	Yoga	Studio 1
09:30 - 10:15	Bounce and Tone	Studio 2
12:00 - 13:00	Yoga	Studio 1
17:30 - 18:15	Pilates	Studio 1
18:00 - 18:45	Kettlebell Body Blast	Studio 2
18:30 - 19:15	Circuits	Sports Hall