


# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 04/05/2024

Times for Thursday 19 October			
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	