

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 03/05/2024

Times for Friday 27 October



| Time | Session | Facility |
|---------------|-------------------|-------------|
| 07:00 - 07:45 | Hiit | Studio 1 |
| 09:30 - 10:15 | Body Conditioning | Sports Hall |
| 12:00 - 13:00 | Yoga | Studio 1 |