

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 17/05/2025

Times for Friday 15 December



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