


# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 10/05/2024

Times for Friday 22 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	