

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 24/04/2024

Times for Thursday 22 March



| Time | Session | Facility |
|---------------|-----------------|-------------|
| 07:15 - 08:00 | YogaFlow | Studio 1 |
| 09:30 - 10:30 | Teme Pump | Sports Hall |
| 18:00 - 18:45 | Fitness Pilates | Studio 1 |
| 20:00 - 20:45 | Studio Cycling | Studio 1 |