# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

**Accurate as of 12/10/2024**

**Times for Monday 28 May**

| Time | Session | Facility |
|---|---|---|
| 09:15 - 10:15 | Yoga | Studio 1 |
| 09:30 - 10:15 | Bounce and Tone | Studio 2 |
| 12:00 - 13:00 | Yoga | Studio 1 |
| 17:30 - 18:15 | Pilates | Studio 1 |
| 18:00 - 18:45 | Kettlebell Body Blast | Studio 2 |
| 18:30 - 19:15 | Circuits | Sports Hall |
| 19:30 - 20:15 | Mobility and Stretch | Studio 1 |