

# VIRTUAL Class Timetable

## Teme Ludlow

Accurate as of 04/05/2024

### Times for Friday 30 March



| Time          | Session              | Facility |
|---------------|----------------------|----------|
| 08:30 - 09:00 | CXWORX™ Virtual      | Studio 2 |
| 09:15 - 10:15 | BODYBALANCE™ Virtual | Studio 2 |
| 11:30 - 12:30 | BODYCOMBAT™ Virtual  | Studio 2 |
| 12:00 - 12:30 | CXWORX™ Virtual      | Studio 2 |
| 13:50 - 14:20 | CXWORX™ Virtual      | Studio 2 |
| 15:00 - 16:00 | BODYBALANCE™ Virtual | Studio 2 |
| 16:05 - 16:50 | SH'BAM™ Virtual      | Studio 2 |
| 17:00 - 17:30 | BODYCOMBAT™ Virtual  | Studio 2 |
| 17:35 - 18:05 | CXWORX™ Virtual      | Studio 2 |
| 18:30 - 19:30 | BODYCOMBAT™ Virtual  | Studio 2 |
| 19:45 - 20:30 | SH'BAM™ Virtual      | Studio 2 |