

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 25/04/2024

Times for Sunday 23 September



| Time | Session | Facility |
|---------------|----------------------|----------|
| 07:35 - 08:05 | CXWORX™ Virtual | Studio 2 |
| 08:15 - 09:15 | BODYCOMBAT™ Virtual | Studio 2 |
| 09:30 - 10:00 | BODYBALANCE™ Virtual | Studio 2 |
| 11:20 - 11:50 | CXWORX™ Virtual | Studio 2 |
| 12:50 - 13:50 | BODYCOMBAT™ Virtual | Studio 2 |
| 14:00 - 15:00 | BODYBALANCE™ Virtual | Studio 2 |