Teme Ludlow Exercise Class Timetable Teme Ludlow

Accurate as of 28/04/2024

| Times for Thursday 13 December | | |
|--------------------------------|-----------------|-------------|
| 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 |