

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 23/04/2024

### Times for Wednesday 20 February



| Time          | Session               | Facility    |
|---------------|-----------------------|-------------|
| 07:00 - 07:45 | Mobility and Stretch  | Studio 1    |
| 10:00 - 10:30 | Mobility and Stretch  | Studio 1    |
| 10:30 - 11:15 | Step Aerobics         | Studio 1    |
| 12:00 - 13:00 | Yoga                  | Studio 1    |
| 17:30 - 18:15 | Teme Pump             | Sports Hall |
| 18:30 - 19:15 | Aerobics              | Studio 1    |
| 18:30 - 19:15 | Kettlebell Body Blast | Studio 2    |