


# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 28/04/2024

| Times for Thursday 25 April |                 |             |  |
|-----------------------------|-----------------|-------------|---|
| Time                        | Session         | Facility    |   |
| 07:15 - 08:00               | YogaFlow        | Studio 1    |   |
| 09:30 - 10:30               | Teme Pump       | Sports Hall |   |
| 10:30 - 11:30               | Aquacise        | Diving Pit  |   |
| 18:00 - 18:45               | Fitness Pilates | Studio 1    |   |
| 20:00 - 20:45               | Studio Cycling  | Studio 1    |   |