


# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 18/05/2024

Times for Wednesday 14 August			
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	