Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 12/10/2024

Times for Wednesday 21 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
19:15 - 20:00	Insanity	Sports Hall