


# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 04/05/2024

Times for Thursday 22 August			
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	