

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 02/05/2024

Times for Tuesday 12 February

| Time | Session | Facility |
|---------------|----------------------|----------|
| 08:15 - 08:45 | CXWORX™ Virtual | Studio 2 |
| 09:20 - 09:50 | CXWORX™ Virtual | Studio 2 |
| 13:00 - 14:00 | BODYCOMBAT™ Virtual | Studio 2 |
| 19:30 - 20:00 | CXWORX™ Virtual | Studio 2 |
| 20:05 - 21:05 | BODYBALANCE™ Virtual | Studio 2 |