

# VIRTUAL Class Timetable

## Teme Ludlow

Accurate as of 24/04/2024

### Times for Monday 22 April



| Time          | Session              | Facility |
|---------------|----------------------|----------|
| 07:00 - 08:00 | BODYBALANCE™ Virtual | Studio 2 |
| 08:03 - 08:33 | CXWORX™ Virtual      | Studio 2 |
| 09:00 - 10:00 | BODYCOMBAT™ Virtual  | Studio 2 |
| 10:03 - 10:48 | SH'BAM™ Virtual      | Studio 2 |
| 11:00 - 12:00 | BODYBALANCE™ Virtual | Studio 2 |
| 12:03 - 12:33 | CXWORX™ Virtual      | Studio 2 |
| 13:00 - 14:00 | BODYCOMBAT™ Virtual  | Studio 2 |
| 14:03 - 14:48 | SH'BAM™ Virtual      | Studio 2 |
| 15:00 - 16:00 | BODYBALANCE™ Virtual | Studio 2 |
| 16:03 - 16:33 | CXWORX™ Virtual      | Studio 2 |
| 17:00 - 17:45 | SH'BAM™ Virtual      | Studio 2 |
| 18:00 - 19:00 | BODYCOMBAT™ Virtual  | Studio 2 |
| 19:03 - 19:33 | CXWORX™ Virtual      | Studio 2 |
| 20:00 - 20:45 | SH'BAM™ Virtual      | Studio 2 |
| 21:00 - 22:00 | BODYBALANCE™ Virtual | Studio 2 |