

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 17/05/2025

Times for Saturday 22 February



| Time | Session | Facility |
|---------------|----------------------|----------|
| 07:35 - 08:05 | BODYCOMBAT™ Virtual | Studio 2 |
| 09:15 - 10:15 | BODYCOMBAT™ Virtual | Studio 2 |
| 10:20 - 10:50 | BODYBALANCE™ Virtual | Studio 2 |
| 12:00 - 13:00 | BODYBALANCE™ Virtual | Studio 2 |
| 14:30 - 15:00 | BODYBALANCE™ Virtual | Studio 2 |