Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 12/10/2024

Times for Thursday 1 October

Time	Session	Facility
07:15 - 08:00	YogaFlow	Studio 1
09:30 - 10:30	Teme Pump	Sports Hall
10:45 - 11:30	Aqua Aerobics	Diving Pit
18:00 - 18:45	Fitness Pilates	Studio 1
20:00 - 20:45	Studio Cycling	Studio 1