

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 23/04/2024

Times for Tuesday 3 August



| Time | Session | Facility |
|---------------|------------------------------|-------------|
| 07:00 - 07:45 | Hiit | Studio 2 |
| 07:30 - 08:15 | Fitness Pilates | Studio 1 |
| 09:30 - 10:15 | Studio Cycling | Sports Hall |
| 10:30 - 11:15 | Legs, Bums & Tums Body Blast | Studio 1 |
| 10:45 - 11:30 | Aqua Aerobics | Diving Pit |
| 17:30 - 18:15 | Step Aerobics | Studio 1 |
| 18:15 - 19:00 | Reps and Sets | Studio 1 |