

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 03/05/2024

### Times for Thursday 5 August



| 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    |