Teme Ludlow Exercise Class Timetable

Accurate as of 22/05/2024

| Times for Friday 6 August | | S |
|---------------------------|-------------------|-------------|
| Time | Session | Facility |
| 07:00 - 07:45 | Hiit | Studio 1 |
| 09:30 - 10:15 | Body Conditioning | Sports Hall |
| 10:45 - 11:30 | Deep Water Aqua | Diving Pit |
| 12:00 - 13:00 | Yoga | Studio 1 |