

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 29/04/2024

Times for Wednesday 17 August



| Time | Session | Facility |
|---------------|-----------------------|-------------|
| 07:00 - 07:45 | Mobility and Stretch | Studio 1 |
| 09:15 - 10:00 | TRX Body Blast | Studio 1 |
| 10:00 - 10:30 | Mobility and Stretch | Studio 1 |
| 10:30 - 11:15 | Step Aerobics | Studio 1 |
| 10:45 - 11:30 | Aqua Aerobics | Diving Pit |
| 11:30 - 12:15 | Fitness Pilates Gold | Studio 2 |
| 12:00 - 13:00 | Yoga | Studio 1 |
| 17:30 - 18:15 | Teme Pump | Sports Hall |
| 18:30 - 19:15 | Aerobics | Studio 1 |
| 18:30 - 19:15 | Kettlebell Body Blast | Studio 2 |
| 19:00 - 19:45 | Aqua Aerobics | Diving Pit |
| 19:30 - 20:15 | Bounce and Tone | Studio 1 |