

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 19/04/2024

### Times for Wednesday 24 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