Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 12/10/2024

Times for Tuesday 23 April

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