

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 05/05/2026

### Times for Thursday 7 May



Time	Session	Facility
07:00 - 07:45	Strength and Conditioning	Sports Hall
07:15 - 08:00	YogaFlow	Studio 1
09:30 - 10:15	Aerobics Gold	Studio 1
09:30 - 10:30	Teme Pump	Sports Hall
10:30 - 11:15	Boxercise	Studio 1
10:45 - 11:30	Aqua Aerobics	Diving Pit
18:00 - 18:45	Fitness Pilates	Studio 1
19:00 - 19:45	Aqua Aerobics	Diving Pit
19:00 - 19:45	Strength and Conditioning	Studio 1
20:00 - 20:45	Studio Cycling	Studio 1