

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 05/05/2026

### Times for Friday 8 May



Time	Session	Facility
07:00 - 07:45	Hiit	Studio 1
09:30 - 10:15	Body Conditioning	Sports Hall
10:30 - 11:15	Bounce and Tone	Studio 1
10:45 - 11:30	Deep Water Aqua	Diving Pit
12:00 - 13:00	Yoga	Studio 1