

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 03/07/2026

### Times for Monday 6 July



Time	Session	Facility
07:00 - 07:45	Studio Cycling	Studio 1
09:15 - 10:15	Yoga	Studio 1
09:30 - 10:15	Bounce and Tone	Studio 2
10:30 - 11:15	Body Conditioning	Sports Hall
10:30 - 11:30	Yoga	Studio 1
10:45 - 11:30	Aqua Aerobics	Diving Pit
12:00 - 13:00	Yoga	Studio 1
17:30 - 18:15	Pilates	Studio 1
18:00 - 18:45	Kettlebell Body Blast	Studio 2
18:30 - 19:15	Circuits	Sports Hall
18:30 - 19:30	Yoga	Studio 1
19:00 - 19:45	Aqua Aerobics	Diving Pit
19:30 - 20:15	Mobility and Stretch	Studio 1