

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 02/08/2026

| Times for Thursday 6 August |                           |             |  |
|-----------------------------|---------------------------|-------------|-------------------------------------------------------------------------------------|
| 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    |                                                                                     |