

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 02/08/2026

| Times for Friday 7 August |                   |             |  |
|---------------------------|-------------------|-------------|-------------------------------------------------------------------------------------|
| 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    |                                                                                     |