

# Teme Ludlow Exercise Class Timetable

## Teme Ludlow

Accurate as of 26/08/2026

| Times for Saturday 29 August |                           |             |  |
|------------------------------|---------------------------|-------------|-------------------------------------------------------------------------------------|
| Time                         | Session                   | Facility    |                                                                                     |
| 08:00 - 08:45                | Strength and Conditioning | Sports Hall |                                                                                     |