

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 01/10/2026

Times for Thursday 1 October			
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	