

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 01/10/2026

Times for Monday 5 October			
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	