

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 01/10/2026

Times for Tuesday 6 October			
Time	Session	Facility	
07:00 - 07:45	Hiit	Studio 2	
07:30 - 08:15	Fitness Pilates	Studio 1	
09:30 - 10:15	Studio Cycling	Sports Hall	
10:30 - 11:15	Legs, Bums & Tums Body Blast	Studio 1	
10:45 - 11:30	Aqua Aerobics	Diving Pit	
17:30 - 18:15	Step Aerobics	Studio 1	
18:15 - 19:00	Reps and Sets	Studio 1	