

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 01/10/2026

Times for Wednesday 7 October			
Time	Session	Facility	
07:00 - 07:45	Mobility and Stretch	Studio 1	
09:15 - 10:00	TRX Body Blast	Studio 1	
10:00 - 10:30	Mobility and Stretch	Studio 1	
10:30 - 11:15	Step Aerobics	Studio 1	
10:45 - 11:30	Aqua Aerobics	Diving Pit	
11:30 - 12:15	Fitness Pilates Gold	Studio 2	
12:00 - 13:00	Yoga	Studio 1	
17:30 - 18:15	Teme Pump	Sports Hall	
18:30 - 19:15	Aerobics	Studio 1	
18:30 - 19:15	Kettlebell Body Blast	Studio 2	
19:00 - 19:45	Aqua Aerobics	Diving Pit	
19:30 - 20:15	Bounce and Tone	Studio 1	