

Teme Ludlow Exercise Class Timetable

Teme Ludlow

Accurate as of 31/10/2026

Times for Friday 6 November			
Time	Session	Facility	
07:00 - 07:45	Hiit	Studio 1	
09:30 - 10:15	Body Conditioning	Sports Hall	
10:30 - 11:15	Bounce and Tone	Studio 1	
10:45 - 11:30	Deep Water Aqua	Diving Pit	
12:00 - 13:00	Yoga	Studio 1	