

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 25/09/2026

Times for Friday 25 September			
Time	Session	Facility	
08:30 - 09:00	CXWORX™ Virtual	Studio 2	
10:15 - 11:15	BODYBALANCE™ Virtual	Studio 2	
11:30 - 12:30	BODYCOMBAT™ Virtual	Studio 2	
17:00 - 17:30	BODYCOMBAT™ Virtual	Studio 2	
17:35 - 18:05	CXWORX™ Virtual	Studio 2	