

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 25/09/2026

Times for Saturday 26 September			
Time	Session	Facility	
07:35 - 08:05	BODYCOMBAT™ Virtual	Studio 2	
09:15 - 10:15	BODYCOMBAT™ Virtual	Studio 2	
10:20 - 10:50	BODYBALANCE™ Virtual	Studio 2	
12:00 - 13:00	BODYBALANCE™ Virtual	Studio 2	
14:30 - 15:00	BODYBALANCE™ Virtual	Studio 2	