

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 25/09/2026

Times for Sunday 27 September



Time	Session	Facility
07:35 - 08:05	CXWORX™ Virtual	Studio 2
08:15 - 09:15	BODYCOMBAT™ Virtual	Studio 2
09:30 - 10:00	BODYBALANCE™ Virtual	Studio 2
11:20 - 11:50	CXWORX™ Virtual	Studio 2
12:50 - 13:50	BODYCOMBAT™ Virtual	Studio 2
14:00 - 15:00	BODYBALANCE™ Virtual	Studio 2