

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 25/09/2026

Times for Tuesday 29 September			
Time	Session	Facility	
08:15 - 08:45	CXWORX™ Virtual	Studio 2	
09:20 - 09:50	CXWORX™ Virtual	Studio 2	
13:00 - 14:00	BODYCOMBAT™ Virtual	Studio 2	
19:30 - 20:00	CXWORX™ Virtual	Studio 2	
20:05 - 21:05	BODYBALANCE™ Virtual	Studio 2	