

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 25/09/2026

Times for Wednesday 30 September			
Time	Session	Facility	
08:00 - 09:00	BODYBALANCE™ Virtual	Studio 2	
10:10 - 10:40	CXWORX™ Virtual	Studio 2	
10:45 - 11:45	BODYCOMBAT™ Virtual	Studio 2	
15:45 - 16:15	BODYCOMBAT™ Virtual	Studio 2	
20:30 - 21:30	BODYBALANCE™ Virtual	Studio 2	