

VIRTUAL Class Timetable

Teme Ludlow

Accurate as of 25/09/2026

Times for Thursday 1 October



Time	Session	Facility
07:05 - 07:35	BODYCOMBAT™ Virtual	Studio 2
10:50 - 11:20	CXWORX™ Virtual	Studio 2
19:30 - 20:30	BODYBALANCE™ Virtual	Studio 2
20:35 - 21:05	CXWORX™ Virtual	Studio 2