

TEME LUDLOW

EXERCISE CLASS TIMETABLE

MONDAY

Start	End	Duration	Class Name	Instructor	Studio
07:15	08:00	45	Studio Cycling	Lydia	3
09:15	10:15	60	Yoga	Carolyn	1
09:30	10:15	45	Kettles	Claire	3
10:30	11:15	45	Body Conditioning	Claire	3
10:30	11:15	45	Beginners Yoga	Carolyn	1
11:30	12:15	45	Ballet	Holly	1
12:30	13:15	45	Zumba Gold	Holly	3
13:45	14:45	60	Yoga	Carolyn	1
17:30	18:15	45	Pilates	Fran	1
17:30	18:15	45	Kettles	Lydia	3
18:30	19:15	45	Static Circuits	Ben	3
18:30	19:30	60	Yoga	Fran	1
19:30	20:15	45	Hiit & Strength	Ben	3

TUESDAY

Start	End	Duration	Class Name	Instructor	Studio
07:15	08:00	45	Hiit	Lydia	3
07:30	08:15	45	Fitness Pilates	Claire	1
09:30	10:15	45	Studio Cycling	Claire	3
10:30	11:15	45	Legs, Bumbs, Tums	Lydia	3
11:30	12:15	45	Zumba Gold	Holly	3
17:30	18:15	45	Clubbercise	Julie	3
18:30	19:15	45	Reps & Sets	Ben	3

WEDNESDAY

Start	End	Duration	Class Name	Instructor	Studio
07:15	08:00	45	Primal Bootcamp	Ben	3
09:30	10:15	45	Hiit	Lydia	3
10:30	11:15	45	Clubbercise	Julie	3
12:00	12:45	45	Yoga	Carolyn	1
17:30	18:15	45	Body Pump	Claire	3
18:30	19:15	45	Aerobics	Claire	1
18:15	19:00	50	Insanity	Steve	3
19:30	20:15	45	Kettles	Claire	3

THURSDAY

Start	End	Duration	Class Name	Instructor	Studio
07:15	08:00	45	Yogaflow		1
09:30	10:15	45	Easy Tone	Lydia/Laura	3
10:30	11:15	45	Abs	Steve	3
12:00	12:45	45	Ballet	Holly	3
13:00	13:45	45	Nifty Fifties	Holly	3
18:00	18:45	45	Fitness Pilates	Claire	1
18:30	19:15	60	Stregth & Conditioning	Laura	3
19:30	20:15	45	Studio Cycling	Claire	3

FRIDAY

Start	End	Duration	Class Name	Instructor	Studio
07:15	08:00	45	Hiit	Lydia	3
09:30	10:15	45	Body Conditioning	Laura	3
10:30	11:15	45	20:20:20	Steve	3
12:00	13:00	60	Yoga	Cardin	1
17:30	18:30	60	Bootcamp Circuits	Steve	3

SATURDAY

Start	End	Duration	Class Name	Instructor	Studio
08:00	08:45	45	Strength & Conditioning	Katie	3

Studio 3 is located in the Main Sports Hall to give larger floor space and therefore adhere to distancing guidelines

We encourage the use of your own personal equipment.
Due to Guidelines we will not be able to allow the use of towels or large bags into the centre.

Strict Start and End Times apply to allow for clean down of area and equipment between classes

**NO WALK-INS PERMITTED. PRE-BOOKINGS ONLY.
THIS CAN BE DONE ONLINE OR OVER THE PHONE**

» » » » PLEASE BE AWARE « « « «

REDUCED CLASS SIZES IN STUDIO 1 • INCREASED DISTANCING
SANITISE STATIONS LOCATED THROUGHOUT THE BUILDING
SEPARATE ENTRY AND EXIT POINTS