


exercise class programme

Malvern Splash

Accurate as of 05/05/2024

Times for Tuesday 28 June				
Time	Session	Facility	Level	
7:30 am - 8:15 am	Yoga	dance studio	all levels	
9:30 am - 10:30 am	Unite	dance studio	all levels	
10:45 am - 11:45 am	Fit Steps	dance studio	all levels	
12:30 pm - 1:20 pm	Coach by Colour Indoor Cycling	myride studio	all levels	
1:30 pm - 2:15 pm	Pilates	dance studio		
6:00 pm - 7:00 pm	Body Pump	dance studio	all levels	
7:00 pm - 8:00 pm	Body Combat	dance studio		