


exercise class programme

Malvern Splash

Accurate as of 03/05/2024

Times for Thursday 30 June				
Time	Session	Facility	Level	
9:30 am - 10:30 am	Fit Steps	dance studio	all levels	
10:30 am - 11:30 am	Body Balance	dance studio	all levels	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	myride studio	all levels	
6:15 pm - 7:05 pm	HIIT	dance studio	all levels	
7:15 pm - 8:15 pm	Body Pump	dance studio		