


exercise class programme

Malvern Splash

Accurate as of 27/04/2024

Times for Friday 1 July				
Time	Session	Facility	Level	
7:00 am - 7:30 am	Metcon	gym		
9:30 am - 10:30 am	Body Combat	dance studio	all levels	
10:45 am - 11:30 am	Pilates	dance studio	50+	
11:00 am - 11:45 am	Aqua Aerobics	leisure pool	all levels	