

exercise class programme

Malvern Splash

Accurate as of 02/05/2024

Times for Friday 19 April			
Time	Session	Facility	Level
7:00 am - 7:30 am	Metcon	gym	
9:30 am - 10:00 am	HIIT Indoor Cycle	myride studio	
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
12:00 pm - 12:30 pm	Core	gym	all levels
6:05 pm - 6:55 pm	Zumba	dance studio	