

# exercise class programme

## Malvern Splash

Accurate as of 03/05/2024

### Times for Monday 22 April



Time	Session	Facility	Level
7:00 am - 7:30 am	Metcon	gym	all levels
9:30 am - 10:30 am	Body Blast	dance studio	all levels
10:45 am - 11:45 am	Forever Active	dance studio	50+
12:30 pm - 1:30 pm	Body Balance	dance studio	all levels
5:30 pm - 6:00 pm	LIFT	gym	all levels
6:15 pm - 7:00 pm	HIIT Indoor Cycle	myride studio	all levels
6:15 pm - 7:15 pm	Body Attack	dance studio	all levels
7:15 pm - 8:15 pm	Body Pump	dance studio	