

exercise class programme

Malvern Splash

Accurate as of 03/05/2024

Times for Tuesday 23 April



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
10:00 am - 10:30 am	LIFT	gym	
10:45 am - 11:45 am	Fit Steps	dance studio	all levels
11:00 am - 11:45 am	Aqua Aerobics	leisure pool	
12:30 pm - 1:15 pm	Seated Exercise	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
6:30 pm - 7:00 pm	Core	gym	all levels
6:30 pm - 7:15 pm	Coach by Colour Indoor Cycling	myride studio	
7:00 pm - 8:00 pm	Body Combat	dance studio	
7:15 pm - 8:00 pm	Beginners Gym Club	gym	beginner
8:00 pm - 9:00 pm	Body Balance	dance studio	