

# exercise class programme

## Malvern Splash

Accurate as of 03/05/2024

### Times for Wednesday 24 April



Time	Session	Facility	Level
8:00 am - 8:30 am	Core	gym	all levels
9:30 am - 10:30 am	Body Pump	dance studio	
10:45 am - 11:45 am	TONE	dance studio	
12:30 pm - 1:30 pm	Body Balance	dance studio	all levels
5:45 pm - 6:45 pm	TONE	dance studio	all levels
6:15 pm - 7:00 pm	Aqua Power	leisure pool	all levels
6:45 pm - 7:45 pm	Body Attack	dance studio	
7:15 pm - 8:00 pm	Freedom Indoor Cycling	dance studio	
8:00 pm - 9:00 pm	Zumba	dance studio	