

# exercise class programme

## Malvern Splash

Accurate as of 03/05/2024

### Times for Thursday 25 April



Time	Session	Facility	Level
9:30 am - 10:30 am	Fit Steps	dance studio	all levels
10:30 am - 11:30 am	Body Balance	dance studio	all levels
11:00 am - 11:30 am	LIFT	gym	all levels
6:15 pm - 7:00 pm	Freedom Indoor Cycling	myride studio	all levels
6:15 pm - 7:05 pm	HIIT	dance studio	all levels
7:15 pm - 8:15 pm	Body Pump	dance studio	