

# Exercise Timetable

## Malvern Active

Accurate as of 27/07/2026

| Times for Monday 27 July |              |           |            |
|--------------------------|--------------|-----------|------------|
| Time                     | Session      | Facility  | Instructor |
| 08:00 - 09:00            | Yoga         | Studio    | Beth       |
| 10:00 - 11:00            | Pilates      | Studio    | Nesrin     |
| 18:10 - 19:00            | Boot Camp    | Main Hall | Dave       |
| 18:10 - 19:10            | Yoga         | Studio    | Miranda    |
| 19:30 - 20:15            | Hit Circuits | Studio    | Jess       |