

Exercise Timetable

Malvern Active

Accurate as of 25/08/2026

Times for Tuesday 11 August			
Time	Session	Facility	Instructor
10:00 - 11:00	Yoga	Studio	Miranda
12:30 - 13:25	Indoor Cycling	Studio	Dave
18:15 - 19:15	Body Blast	Studio	Vikki
19:15 - 20:15	Pilates	Studio	Vikki
20:15 - 21:15	Yoga	Studio	Peter