

Exercise Timetable

Malvern Active

Accurate as of 25/08/2026

Times for Friday 14 August

Time	Session	Facility	Instructor
09:30 - 10:25	Body Blast	Studio	Vikki
12:00 - 13:00	Pilates	Studio	
12:45 - 13:30	Pilates	Studio	Fiona
18:10 - 19:00	Boot Camp	Main Hall	Sam