

Exercise Timetable

Malvern Active

Accurate as of 25/08/2026

Times for Monday 17 August			
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