

Exercise Timetable

Malvern Active

Accurate as of 25/08/2026

Times for Wednesday 19 August

Time	Session	Facility	Instructor
06:45 - 07:45	Boot Camp	Main Hall	Emma
08:00 - 09:00	Yoga	Studio	Peter
12:30 - 13:15	Pilates	Studio	Fiona
13:15 - 14:00	Pilates	Studio	Fiona
18:15 - 19:00	Indoor Cycling	Studio	Dave
19:30 - 20:15	Pilates	Studio	Alexandra