

Exercise Timetable

Malvern Active

Accurate as of 23/10/2026

Times for Thursday 29 October				
Time	Session	Facility	Instructor	
10:00 - 11:00	Yoga	Studio	Miranda	
18:30 - 19:30	Pilates	Studio	Nesrin	
19:30 - 20:30	Pilates	Studio	Nesrin	