

THE MALVERN

Your journey to strength, wellness and beyond...

CLASS TIMETABLE w.e.f 14/10/24

MONDAY			TUESDAY		
TIME	CLASS		TIME	CLASS	
06:15-07:15	Group Cycle	Alicia	06:15-07:15	Total Body Workout	Alicia
08:30-09:15	Group Cycle	Mawgan	07:30-08:15	Bootcamp (outdoor)	Simon
09:25-10:25	Body Combat	Mawgan	07:30-08:15	Dance Fit	Mawgan
10:35-11:35	Zumba	Sarah	08:15-09:00	Group Cycle	Mawgan
11:45-12:45	Pilates	Sarah	09:10-10:10	Body Pump	Clare
13:45-14:45	Gentle Yoga	Gemma	10:20-11:20	Pathway to Yoga	Shirley
16:20-17:20	Hatha Yoga	Miranda	11:30-12:25	Fitness Pilates	Peter
17:30-18:30	Body Pump	Mawgan	12:35-13:30	Yin Yoga	Peter
18:40-19:35	Body Combat	Mawgan	13:45-14:40	Yoga	Gemma
19:40-20:10	Express Spin	Mawgan	18:00-19:00	Body Balance	Dave B
			19:10-19:55	Group Cycle	Mawgan
WEDNESDAY			THURSDAY		
TIME	CLASS		TIME	CLASS	
06:15-07:15	Group Cycle	Alicia	06:15-07:15	Total Body Workout	Alicia
08:15-09:00	Group Cycle	Clare	08:00-09:00	Body Pump	Clare
09:10-10:10	Body Combat	Clare	09:15-09:45	Strengthening Yoga	Gemma
10:20-11:20	LBT	Sue	10:00-10:45	Group Cycle	Mawgan
11:30-12:30	Body Balance	Steve	11:05-12:05	Pilates	Fiona
12:45-13:45	Yoga	Jess	12:10-13:40	Hatha Yoga	Miranda
16:00-17:00	Yin Yoga	Peter	13:45-14:45	Zumba	Sarah
17:00-18:00	Fitness Pilates	Peter	17:20-18:20	Body Balance	Shirley
18:00-18:55	Intro to running (outdoor)	Sam	18:30-19:15	Strength & Condition Gym Team	
18:10-19:10	Body Combat	Dave R	19:15-20:15	Dance Fit	Sarah
19:20-19:50	GRIT	Dave R			
FRIDAY			SATURDAY		
TIME	CLASS		TIME	CLASS	
06:15-07:15	Group Cycle	Alicia	08:00-08:45	Total Body Workout	Alicia
07:30-08:30	Yoga	Beth	08:55-09:40	Group Cycle	Alicia
09:35-10:35	Body Combat	Mawgan	10:00-10:45	Zumba	Sarah
10:45-11:45	Dance Fit	Sarah	10:55-11:40	Zumba	Sarah
12:15-13:15	Tone & Sculpt	Sue	11:50-12:50	Vinyasa into Yin Yoga	Gemma/Lynsey
16:25-17:25	Dynamic Flow Yoga	Gemma/Beth			
17:35-18:35	Body Pump	Kevin	SUNDAY		
18:45-19:30	Group Cycle	Gym Team	TIME	CLASS	
			09:30-10:30	Body Combat	Dave R
			10:40-11:10	GRIT	Dave R
			16:50-17:50	Vinyasa Yoga	Paul
			18:00-19:00	Yin Yoga	Paul