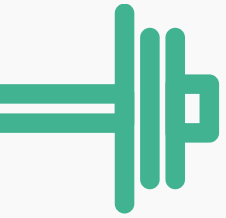


# VIRTUAL

MALVERNACTIVE.CO.UK



# CLASSES

## **MONDAY | 6.15PM**

Yoga with Lucy

## **TUESDAY | 6.15PM**

Fitness Pilates with Vikki

## **WEDNESDAY | 6.15PM**

HIIT & Tone with Sarah

## **THURSDAY | 6.15PM**

Pilates with Alex

## **FRIDAY | 6.15PM**

Body Blast\* with Vikki

## **SATURDAY | 10.15AM**

Kum Nye Yoga\*\* with Paula

## **SUNDAY | 10.15AM**

Pilates with Alex

\*Space needed to jump around

\*\*Cushion & blanket required

