

Group Exercise Programme

The Village Health Club

Accurate as of 06/07/2025

Times for Monday 14 June

Time	Session	Facility	Level
9:30 am - 10:30 am	Dance Fitness	Gym Studio	
10:30 am - 11:30 am	Body Conditioning Class	Gym Studio	
4:30 pm - 5:30 pm	Pilates	Welbeing Studio	
6:15 pm - 7:15 pm	HIIT Conditioning	Gym Studio	