

Group Exercise Programme

The Village Health Club

Accurate as of 06/07/2025

| Times for Tuesday 15 June | | | |
|---------------------------|---------------|---------------------|-------|
| Time | Session | Facility | Level |
| 9:30 am - 10:30 am | Yoga | Welbeing Studio | |
| 10:35 am - 11:35 am | Yoga | Welbeing Studio | |
| 11:45 am - 12:45 pm | Pure Stretch | Welbeing Studio | |
| 6:30 pm - 7:30 pm | Pilates | Welbeing Studio | |
| 7:15 pm - 8:00 pm | Aqua Aerobics | Indoor Pool (16.5m) | |