

Group Exercise Programme

The Village Health Club

Accurate as of 26/04/2024

Times for Friday 18 June



Time	Session	Facility	Level
8:45 am - 9:45 am	Paracise	Gym Studio	
10:00 am - 11:00 am	Total Body Conditioning	Gym Studio	
11:15 am - 12:00 pm	Aqua Aerobics	Indoor Pool (16.5m)	
12:15 pm - 1:15 pm	Pilates	Welbeing Studio	