

Group Exercise Programme

The Village Health Club

Accurate as of 07/07/2025

Times for Tuesday 22 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)	