Group Exercise Programme The Village Health Club

Accurate as of 07/07/2025

Times for Wednesday 23 June			©
Time	Session	Facility	Level
7:30 am - 8:15 am	Freedom Indoor Cycling	Gym Studio	
9:30 am - 10:30 am	Fitness Pilates	Welbeing Studio	
10:30 am - 11:30 am	Pure Stretch	Welbeing Studio	
6:00 pm - 6:45 pm	Freedom Circuits	Gym Studio	
6:45 pm - 7:45 pm	Fitness Pilates	Welbeing Studio	
8:00 pm - 9:00 pm	Pilates	Welbeing Studio	