Group Exercise Programme The Village Health Club

Accurate as of 07/07/2025

Times for Thursday 24 June			0
Time	Session	Facility	Level
9:15 am - 10:00 am	Aqua Aerobics	Indoor Pool (16.5m)	
10:45 am - 11:45 am	Yoga Slow	Welbeing Studio	
4:30 pm - 5:30 pm	Pilates	Welbeing Studio	
6:00 pm - 7:00 pm	20,20,20	Gym Studio	