

# Group Exercise Programme

## The Village Health Club

Accurate as of 01/05/2024

### Times for Saturday 26 June

| Time               | Session                 | Facility   | Level |
|--------------------|-------------------------|------------|-------|
| 8:15 am - 9:15 am  | HIIT Conditioning       | Gym Studio |       |
| 9:15 am - 10:15 am | Total Body Conditioning | Gym Studio |       |