

Group Exercise Programme

The Village Health Club

Accurate as of 18/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
9:30 am - 10:30 am	Dance Fitness	Gym Studio	
10:30 am - 11:30 am	Body Conditioning Class	Welbeing Studio	
12:30 pm - 1:30 pm	Paracise	Gym Studio	
5:00 pm - 6:00 pm	Pilates	Welbeing Studio	
5:30 pm - 6:15 pm	Core	Gym Studio	
6:00 pm - 7:00 pm	Pilates	Welbeing Studio	
6:15 pm - 7:15 pm	HIIT Conditioning	Gym Studio	