

Group Exercise Programme

The Village Health Club

Accurate as of 18/05/2024

Times for Tuesday 23 April



| Time | Session | Facility | Level |
|---------------------|------------------------|---------------------|-------|
| 8:30 am - 9:15 am | Freedom Indoor Cycling | Gym Studio | |
| 9:30 am - 10:15 am | Freedom Pump | Gym Studio | |
| 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 | |
| 12:30 pm - 1:30 pm | Paracise | Gym Studio | |
| 6:00 pm - 7:00 pm | 20,20,20 | Gym Studio | |
| 6:30 pm - 7:30 pm | Pilates | Welbeing Studio | |
| 7:15 pm - 8:00 pm | Aqua Aerobics | Indoor Pool (16.5m) | |