

Group Exercise Programme

The Village Health Club

Accurate as of 25/04/2024

Times for Thursday 25 April



Time	Session	Facility	Level
9:15 am - 10:00 am	Aqua Aerobics	Indoor Pool (16.5m)	
10:45 am - 11:45 am	Yin Yoga	Welbeing Studio	
12:00 pm - 12:45 pm	Freedom Indoor Cycling	Gym Studio	
6:00 pm - 6:45 pm	Aqua Zumba	Indoor Pool (16.5m)	
6:00 pm - 7:00 pm	20,20,20	Gym Studio	
6:30 pm - 7:30 pm	Pilates	Welbeing Studio	