

# Group Exercise Programme

## The Village Health Club

Accurate as of 19/05/2024

Times for Saturday 27 April			
Time	Session	Facility	Level
8:15 am - 9:00 am	Circuits	Welbeing Studio	
8:15 am - 9:15 am	HIIT Conditioning	Gym Studio	
9:15 am - 10:15 am	Total Body Conditioning	Gym Studio	