

Group Exercise Programme

The Village Health Club

Accurate as of 18/05/2024

Times for Tuesday 30 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)	