

# Group Exercise Programme

## The Village Health Club

Accurate as of 18/05/2024

Times for Wednesday 1 May			
Time	Session	Facility	Level
7:30 am - 8:15 am	Freedom Indoor Cycling	Gym Studio	
9:00 am - 9:45 am	Aqua Aerobics	Indoor Pool (16.5m)	
9:30 am - 10:30 am	Fitness Pilates	Welbeing Studio	
10:30 am - 11:30 am	Pure Stretch	Welbeing Studio	
6:00 pm - 6:45 pm	Freedom Circuits	Gym Studio	
6:45 pm - 7:45 pm	Fitness Pilates	Welbeing Studio	
8:00 pm - 9:00 pm	Pilates	Welbeing Studio	