



Village Square Group Fitness Timetable

as of 26th July 2010



| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|--------------------|------|--------------------|-----------------------|--------------------|--|-----|
| 5.45am | | | | | | | |
| 8.30am | | | Watch this space!! | | | | |
| 9.00am | (Go Girl Club) | | Watch this space!! | Watch this space!! | (Go Girl Club) | | |
| 9.30am | | | | | | | |
| 9.30am | | | | | | | |
| 10.30am | | | | Watch this space!! | | | |
| 4.30pm | (Go Girl Club) | | (Go Girl Club) | | | | |
| 5:30pm | | | | | | | |
| 6.00pm | | | | | | Les Mills pre-choreographed cycle class RPM starts July 26 th | |
| 6.30pm | | | | Watch this space! | | | |
| 7:30pm | | | Watch this space!! | | | | |

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| | An interval training class, using simple aerobics and sports-inspired moves. Get fit, stay fit, get fitter. | | Non-stop, high energy, cardio boxing circuit class |
| | Combining the many beneficial aspects of Yoga, Tai Chi and Pilates. Set to inspiring and uplifting music | | Great music inspires you through a range of riding terrains enacted through the use of resistance & variable speed |
| | The benefits of weight training using adjustable barbells to great music. The fastest way to get into shape! | | Emphasises balanced development through core strength, flexibility, & awareness to support efficient movement |
| | An uplifting and energising class, using an adjustable step platform with simple choreography. A great cardio and lower body workout. | | Ladies only circuit training classes combining strength and conditioning. Low coordination required. Great way to get started or to improve your technique. |
| | This fiercely energetic program is inspired by martial arts & draws from an array of disciplines such as Karate, boxing, Taekwondo, Tai Chi | | The Zumba Fitness-Party is a one-of-a-kind, Latin-inspired, dance fitness workout set to sexy, high energy Latin and international music. |
| | Is a cycling class where you ride the equivalent of 20-25km's of varied terranes, and have full control of the intensity of your workout. | Opening hours: Mon - Thurs: 5.15am-9pm, Fri 5.15am-8pm, Sat 7am - 5pm, Sun 8am - 4pm Crèche: Mon-Fri: 8am-11.45am; Sat: 8am-11.30am; Mon-Thu:4.30pm- 7.30pm; Fri 4.15pm - 6.30pm Go Kids: Please see the Go Kids timetable for class details. Bookings are essential. | |