Group Exercise Programme Impington Sports Centre

Accurate as of 04/05/2024

| Times for Monday 17 May | | | |
|-------------------------|----------------|---------------------|------------------|
| Time | Session | Facility | Туре |
| 06:30 - 07:15 | Studio Cycling | The Studio | Intense Workout |
| 09:30 - 10:30 | Strength | The Conference Room | Technique & Tone |