

# Group Exercise Programme

## Impington Sports Centre

Accurate as of 07/05/2024

### Times for Monday 26 July



Time	Session	Facility	Type
06:30 - 07:15	Studio Cycling	The Studio	Intense Workout
09:30 - 10:30	Strength	The Conference Room	Technique & Tone
17:30 - 18:15	Studio Cycling	The Studio	Intense Workout
19:00 - 20:00	Swiss Ball	The Conference Room	Technique & Tone