

# Group Exercise Programme

## Impington Sports Centre

Accurate as of 03/05/2024

Times for Tuesday 3 August			
Time	Session	Facility	Type
18:00 - 19:00	Yoga	The Studio	Posture & Flexibility
19:30 - 20:15	Studio Cycling	The Studio	Intense Workout
19:30 - 20:25	Swimfit	Swimming Pool	Swimming