Group Exercise Programme
Impington Sports Centre

Accurate as of 12/10/2024

Times for Friday 6 August

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