

Group Exercise Programme

Impington Sports Centre

Accurate as of 20/05/2024

Times for Friday 10 May				
Time	Session	Facility	Type	
06:30 - 07:15	Studio Cycling	The Studio	Intense Workout	
09:30 - 10:30	Tempo	The Conference Room	Technique & Tone	
10:30 - 11:30	Yoga	The Studio	Posture & Flexibility	
12:30 - 13:00	HIIT	The Conference Room	Intense Workout	
17:30 - 18:15	Studio Cycling	The Studio	Intense Workout	