

Group Exercise Programme

Impington Sports Centre

Accurate as of 01/05/2026

Times for Wednesday 6 May



| Time | Session | Facility | Type |
|---------------|-----------------|---------------------|-----------------------|
| 06:30 - 07:15 | Weighted WOD | The Conference Room | Intense Workout |
| 09:30 - 10:30 | Core & Mobility | The Conference Room | Posture & Flexibility |
| 18:00 - 19:00 | Super Circuits | The Conference Room | Intense Workout |
| 19:15 - 20:15 | Pilates | The Conference Room | Posture & Flexibility |