

# Group Exercise Programme

## Impington Sports Centre

Accurate as of 25/05/2026

### Times for Friday 22 May



Time	Session	Facility	Type
06:30 - 07:15	Studio Cycling	The Studio	Intense Workout
09:30 - 10:30	Strength	The Conference Room	Technique & Tone
10:30 - 11:30	Yoga	The Studio	Posture & Flexibility
17:30 - 18:15	Studio Cycling	The Studio	Intense Workout