

Group Exercise Programme

Impington Sports Centre

Accurate as of 09/08/2026

Times for Friday 14 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	
10:30 - 11:30	Yoga	The Studio	Posture & Flexibility	
17:30 - 18:15	Studio Cycling	The Studio	Intense Workout	