

Group Exercise Programme

Impington Sports Centre

Accurate as of 06/09/2026

Times for Monday 7 September				
Time	Session	Facility	Type	
06:30 - 07:15	Studio Cycling	The Studio	Intense Workout	
09:30 - 10:30	Endurance	The Conference Room	Technique & Tone	
12:30 - 13:00	HIIT	The Conference Room	Intense Workout	
17:30 - 18:15	Studio Cycling	The Studio	Intense Workout	
18:30 - 19:15	Bootcamp	The Conference Room	Intense Workout	
19:00 - 20:00	Swiss Ball	The Conference Room	Technique & Tone	
19:30 - 20:30	Pilates	The Studio	Posture & Flexibility	