

Group Exercise Programme

Impington Sports Centre

Accurate as of 25/09/2026

Times for Wednesday 30 September				
Time	Session	Facility	Type	
06:30 - 07:15	Weighted WOD	The Conference Room	Intense Workout	
09:30 - 10:30	Endurance	The Conference Room	Technique & Tone	
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	