

Group Exercise Programme

Impington Sports Centre

Accurate as of 25/09/2026

Times for Thursday 1 October				
Time	Session	Facility	Type	
06:30 - 07:15	Strength	The Conference Room	Technique & Tone	
09:30 - 10:30	Endurance	The Conference Room	Technique & Tone	
10:00 - 11:00	Pilates	The Studio	Posture & Flexibility	
18:00 - 18:45	METCON	The Conference Room	Technique & Tone	
18:30 - 19:25	Aquafit	Swimming Pool	Technique & Tone	
18:45 - 19:30	Strength	The Conference Room	Technique & Tone	
19:30 - 20:15	Studio Cycling	The Studio	Intense Workout	