Group Exercise Programme

Impington Sports Centre

Accurate as of 06/11/2026

Times for Friday 6 November

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