Group Exercise Programme

Impington Sports Centre

Accurate as of 23/11/2026

Times for Monday 23 November

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 - 19:00	Spin Fusion	The Studio	Intense Workout
19:00 - 20:00	Swiss Ball	The Conference Room	Technique & Tone
19:30 - 20:30	Pilates	The Studio	Posture & Flexibility