Group Exercise Programme

Impington Sports Centre

Accurate as of 23/11/2026

Times for Tuesday 24 November

Time	Session	Facility	Type
06:30 - 07:15	Endurance	The Conference Room	Technique & Tone
09:30 - 10:30	Strength	The Conference Room	Technique & Tone
10:30 - 11:30	Pilates	The Studio	Posture & Flexibility
18:00 - 18:45	Weighted WOD	The Conference Room	Intense Workout
18:45 - 19:30	Core & Mobility	The Conference Room	Posture & Flexibility
19:30 - 20:15	Studio Cycling	The Studio	Intense Workout
19:30 - 20:25	Swimfit	Swimming Pool	Swimming