Group Exercise Programme

Impington Sports Centre

Accurate as of 23/11/2026

Times for Wednesday 25 November

Time	Session	Facility	Type
06:30 - 07:15	Weighted WOD	The Conference Room	Intense Workout
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