Group Exercise Programme

Impington Sports Centre

Accurate as of 23/11/2026

Times for Saturday 28 November

Time	Session	Facility	Type
08:15 - 09:00	Studio Cycling	The Studio	Intense Workout
09:15 - 10:00	METCON	The Conference Room	Technique & Tone
10:15 - 11:00	Mobility	The Conference Room	Posture & Flexibility