

Group Exercise Programme

Impington Sports Centre

Accurate as of 17/05/2025

Times for Friday 5 January



Time	Session	Facility	Type
06:30 - 07:15	Studio Cycling	The Studio	Intense Workout
09:30 - 10:30	Strength	The Conference Room	Technique & Tone
17:30 - 18:15	Studio Cycling	The Studio	Intense Workout