

Group Exercise Programme

Impington Sports Centre

Accurate as of 16/02/2019

Times for Monday 8 January



Time	Session	Facility	Type
06:30 - 07:15	Studio Cycling	The Studio	Intense Workout
09:30 - 10:30	Super Circuits	The BIG room	Intense Workout
11:15 - 12:15	Yoga	The Studio	Posture & Flexibility
12:45 - 13:15	HIIT	The Studio	Intense Workout
18:00 - 18:45	Studio Cycling	The Studio	Intense Workout
18:30 - 19:15	Powerhoop	The BIG room	Intense Workout
19:00 - 19:30	HIIT	The Studio	Intense Workout
19:00 - 20:00	Back2Fitness Circuits	Small Hall	Technique & Tone
19:30 - 20:30	Core Strength	The BIG room	Technique & Tone
19:30 - 20:30	Pilates	The Studio	Posture & Flexibility
20:00 - 21:00	Zumba	Small Hall	Posture & Flexibility