

Group Exercise Programme

Impington Sports Centre

Accurate as of 04/05/2024

Times for Friday 12 January



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