Group Exercise Programme

Impington Sports Centre

Accurate as of 24/04/2024

Times for Friday 20 July

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