Group Exercise Programme Impington Sports Centre

Accurate as of 03/05/2024

| Times for Saturday 20 April | | | |
|-----------------------------|----------|---------------------|-----------------------|
| Time | Session | Facility | Туре |
| 09:00 - 09:45 | METCON | The Conference Room | Technique & Tone |
| 10:15 - 11:00 | Mobility | The Conference Room | Posture & Flexibility |