## **Group Exercise Programme Impington Sports Centre**

## Accurate as of 03/09/2024

Times for Saturday 7 September				<b>(</b>
Time	Session	Facility	Туре	
09:00 - 09:45	METCON	The Conference Room	Technique & Tone	
10:15 - 11:00	Mobility	The Conference Room	Posture & Flexibility	