

# Group Exercise Programme

## Impington Sports Centre

Accurate as of 06/09/2024

### Times for Thursday 12 September



Time	Session	Facility	Type
06:30 - 07:15	Strength	The Conference Room	Technique & Tone
09:30 - 10:30	Core & Mobility	The Conference Room	Posture & Flexibility
18:00 - 18:45	METCON	The Conference Room	Technique & Tone
18:00 - 19:00	Pilates	The Studio	Posture & Flexibility
18:30 - 19:25	Aquafit	Swimming Pool	Technique & Tone
18:45 - 19:30	Endurance	The Conference Room	Technique & Tone
19:30 - 20:15	Studio Cycling	The Studio	Intense Workout