Group Exercise Programme Impington Sports Centre

Accurate as of 08/09/2024

| Times for Saturday 14 September | | | | <u>\$</u> |
|---------------------------------|----------|---------------------|-----------------------|-----------|
| Time | Session | Facility | Туре | |
| 09:00 - 09:45 | METCON | The Conference Room | Technique & Tone | |
| 10:15 - 11:00 | Mobility | The Conference Room | Posture & Flexibility | |