

# Group Exercise Programme

## Impington Sports Centre

Accurate as of 11/09/2024

### Times for Tuesday 17 September



Time	Session	Facility	Type
06:30 - 07:15	Endurance	The Conference Room	Technique & Tone
09:30 - 10:30	Movement	The Conference Room	Technique & Tone
10:30 - 11:30	Pilates	The Studio	Posture & Flexibility
18:00 - 18:45	Weighted WOD	The Conference Room	Intense Workout
18:00 - 19:00	Yoga	The Studio	Posture & Flexibility
18:45 - 19:30	Strength	The Conference Room	Technique & Tone
19:30 - 20:15	Studio Cycling	The Studio	Intense Workout
19:30 - 20:25	Swimfit	Swimming Pool	Swimming