

# Group Exercise Programme

## Impington Sports Centre

Accurate as of 12/09/2024

### Times for Wednesday 18 September



Time	Session	Facility	Type
06:30 - 07:15	Weighted WOD	The Conference Room	Intense Workout
09:30 - 10:30	Endurance	The Conference Room	Technique & Tone
18:00 - 19:00	Super Circuits	The Conference Room	Intense Workout
19:30 - 20:30	Yoga	The Studio	Posture & Flexibility