

Group Exercise Programme

Impington Sports Centre

Accurate as of 18/10/2024

Times for Thursday 26 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 |