

Group Exercise Programme

Impington Sports Centre

Accurate as of 18/10/2024

Times for Sunday 29 September



| Time | Session | Facility | Type |
|---------------|---------|---------------|------------------|
| 09:00 - 09:55 | Aquafit | Swimming Pool | Technique & Tone |
| 12:00 - 12:50 | Swimfit | Swimming Pool | Swimming |