

# Group Exercise Programme

## Impington Sports Centre

Accurate as of 21/11/2024

### Times for Friday 22 November



Time	Session	Facility	Type
06:30 - 07:15	Studio Cycling	The Studio	Intense Workout
09:30 - 10:30	Strength	The Conference Room	Technique & Tone
10:30 - 11:30	Yoga	The Studio	Posture & Flexibility
12:30 - 13:00	HIIT	The Conference Room	Intense Workout
17:30 - 18:15	Studio Cycling	The Studio	Intense Workout