Group Exercise Programme Impington Sports Centre

Accurate as of 28/11/2024

| Times for Sunday 1 December | | | | (|
|-----------------------------|---------|---------------|------------------|----------|
| Time | Session | Facility | Туре | |
| 09:00 - 09:55 | Aquafit | Swimming Pool | Technique & Tone | |
| 12:00 - 12:50 | Swimfit | Swimming Pool | Swimming | |