

Group Exercise Programme

Impington Sports Centre

Accurate as of 28/11/2024

Times for Tuesday 3 December



Time	Session	Facility	Type
06:30 - 07:15	Endurance	The Conference Room	Technique & Tone
09:30 - 10:30	Movement	The Conference Room	Technique & Tone
10:30 - 11:30	Pilates	The Studio	Posture & Flexibility
18:00 - 18:45	Weighted WOD	The Conference Room	Intense Workout
18:00 - 19:00	Yoga	The Studio	Posture & Flexibility
18:45 - 19:30	Strength	The Conference Room	Technique & Tone
19:30 - 20:15	Studio Cycling	The Studio	Intense Workout
19:30 - 20:25	Swimfit	Swimming Pool	Swimming