

Group Exercise Programme

Impington Sports Centre

Accurate as of 28/11/2024

Times for Wednesday 4 December



Time	Session	Facility	Type
06:30 - 07:15	Weighted WOD	The Conference Room	Intense Workout
09:30 - 10:30	Endurance	The Conference Room	Technique & Tone
18:00 - 19:00	Super Circuits	The Conference Room	Intense Workout
19:30 - 20:30	Yoga	The Studio	Posture & Flexibility