


# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 15/05/2024

Times for Monday 20 March				
Time	Session	Facility	Type	
9:15 am - 10:00 am	Aqua Zumba®	Fitness Suite	Water Based	
9:30 am - 10:15 am	Spinning	Studio	Cardio/ Fat Burners	
10:15 am - 10:45 am	Total Strength	Studio	High Intensity	
5:30 pm - 6:30 pm	Total Body	Studio	Strength, Sculpt & Toning	
6:30 pm - 8:00 pm	Yoga	Studio	Mind, Wellbeing & Low Impact	