## **Activity Timetable** Impulse Leisure - Corringham

Accurate as of 16/05/2024

| Times for Wednesday 22 March |                   |          |                           |
|------------------------------|-------------------|----------|---------------------------|
| Time                         | Session           | Facility | Туре                      |
| 9:00 am - 10:00 am           | 20/20/20          | Studio   | Cardio/ Fat Burners       |
| 10:00 am - 11:00 am          | Zumba®            | Studio   | Cardio/ Fat Burners       |
| 5:30 pm - 6:00 pm            | Total Cardio      | Studio   | High Intensity            |
| 6:00 pm - 6:30 pm            | Ab Attack         | Studio   | High Intensity            |
| 6:30 pm - 7:30 pm            | Legs, Bums & Tums | Studio   | Strength, Sculpt & Toning |
| 7:30 pm - 8:15 pm            | Spinning          | Studio   | Cardio/ Fat Burners       |