

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 27/04/2024

### Times for Saturday 25 March



| Time                | Session            | Facility | Type                |
|---------------------|--------------------|----------|---------------------|
| 9:15 am - 10:00 am  | Spinning           | Studio   | Cardio/ Fat Burners |
| 10:00 am - 10:45 am | Urban Rebounding   | Studio   | Cardio/ Fat Burners |
| 10:45 am - 11:30 am | Junior Fitness Fun | Studio   | Junior              |