

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 10/04/2024

Times for Wednesday 29 March				
Time	Session	Facility	Type	
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	
9:00 pm - 9:45 pm	Adults Only	Main Pool	Swimming	
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