

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 17/05/2025

Times for Thursday 27 April



| Time | Session | Facility | Type |
|---------------------|---------------------|---------------|------------------------------|
| 6:45 am - 7:30 am | Spinning | Studio | Cardio/ Fat Burners |
| 9:30 am - 10:30 am | Total Body | Studio | Strength, Sculpt & Toning |
| 9:45 am - 10:30 am | Aqua Blast Aerobics | Fitness Suite | Water Based |
| 10:30 am - 11:30 am | Fitness Yoga | Studio | Mind, Wellbeing & Low Impact |
| 6:00 pm - 6:45 pm | Booty Blast | Studio | High Intensity |
| 6:45 pm - 7:30 pm | Urban Rebounding | Studio | Cardio/ Fat Burners |
| 7:30 pm - 8:15 pm | Aqua Blast Aerobics | Main Pool | Water Based |
| 7:30 pm - 8:30 pm | Total Pump | Studio | Cardio/ Fat Burners |
| 8:30 pm - 9:15 pm | Spinning | Studio | Cardio/ Fat Burners |