


# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 10/04/2024

Times for Friday 28 April				
Time	Session	Facility	Type	
9:00 am - 10:00 am	Functional Circuits	Fitness Suite	Strength, Sculpt & Toning	
10:00 am - 10:45 am	Spinning	Studio	Cardio/ Fat Burners	
1:00 pm - 2:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact	