


Activity Timetable

Impulse Leisure - Corringham

Accurate as of 04/05/2024

Times for Monday 1 May				
Time	Session	Facility	Type	
9:15 am - 10:00 am	Aqua Zumba®	Fitness Suite	Water Based	
9:30 am - 10:15 am	Spinning	Studio	Cardio/ Fat Burners	
10:15 am - 10:45 am	Total Strength	Studio	High Intensity	