

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 25/04/2024

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