

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 29/04/2024

Times for Monday 26 June



| 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 |
| 5:30 pm - 6:30 pm | Total Body | Studio | Strength, Sculpt & Toning |
| 6:30 pm - 8:00 pm | Yoga | Studio | Mind, Wellbeing & Low Impact |