

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 02/05/2024

| Times for Friday 30 June | | | |
|--------------------------|---------------------|---------------|------------------------------|
| 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 |