

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 19/04/2024

Times for Tuesday 4 July



| Time | Session | Facility | Type |
|---------------------|-----------------------|----------|------------------------------|
| 6:45 am - 7:30 am | Spinning | Studio | Cardio/ Fat Burners |
| 9:00 am - 10:00 am | Pilates | Studio | Mind, Wellbeing & Low Impact |
| 10:00 am - 11:00 am | Easy Does It Aerobics | Studio | Strength, Sculpt & Toning |
| 5:45 pm - 6:30 pm | Total Pump | Studio | Cardio/ Fat Burners |
| 6:30 pm - 7:15 pm | Spinning | Studio | Cardio/ Fat Burners |
| 7:30 pm - 8:30 pm | Zumba® | Studio | Cardio/ Fat Burners |
| 8:30 pm - 9:15 pm | Spinning | Studio | Cardio/ Fat Burners |