

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 14/05/2024

Times for Saturday 8 July				
Time	Session	Facility	Type	
9:15 am - 10:00 am	Spinning	Studio	Cardio/ Fat Burners	
10:00 am - 10:45 am	Urban Rebounding	Studio	Cardio/ Fat Burners	
10:45 am - 11:30 am	Junior Fitness Fun	Studio	Junior	