


# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 04/05/2024

Times for Tuesday 22 August				
Time	Session	Facility	Type	
6:45 am - 7:30 am	Spinning	Studio	Cardio/ Fat Burners	
7:00 am - 12:00 pm	Public Swim	Main Pool	Swimming	
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	
11:00 am - 12:00 pm	Public Swim	Teaching Pool	Swimming	
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	