

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 25/04/2024

### 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