

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 19/04/2024

### Times for Wednesday 23 August



Time	Session	Facility	Type
7:00 am - 12:00 pm	Public Swim	Main Pool	Swimming
9:00 am - 10:00 am	20/20/20	Studio	Cardio/ Fat Burners
9:00 am - 12:00 pm	Public Swim	Teaching Pool	Swimming
10:00 am - 11:00 am	Zumba®	Studio	Cardio/ Fat Burners
5:30 pm - 6:00 pm	Total Cardio	Studio	High Intensity
6:00 pm - 6:30 pm	Ab Attack	Studio	High Intensity
6:30 pm - 7:30 pm	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
7:30 pm - 8:15 pm	Spinning	Studio	Cardio/ Fat Burners