

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 25/04/2024

Times for Thursday 24 August



Time	Session	Facility	Type
6:45 am - 7:30 am	Spinning	Studio	Cardio/ Fat Burners
9:30 am - 10:30 am	Total Body	Studio	Strength, Sculpt & Toning
9:45 am - 10:30 am	Aqua Blast Aerobics	Fitness Suite	Water Based
10:30 am - 11:30 am	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact
10:30 am - 12:00 pm	Public Swim	Main Pool	Swimming
6:00 pm - 6:45 pm	Booty Blast	Studio	High Intensity
6:45 pm - 7:30 pm	Urban Rebounding	Studio	Cardio/ Fat Burners
7:30 pm - 8:30 pm	Total Pump	Studio	Cardio/ Fat Burners
8:30 pm - 9:15 pm	Spinning	Studio	Cardio/ Fat Burners