


Activity Timetable

Impulse Leisure - Corringham

Accurate as of 27/04/2024

Times for Friday 25 August				
Time	Session	Facility	Type	
7:00 am - 11:00 am	Public Swim	Main Pool	Swimming	
9:00 am - 10:00 am	Functional Circuits	Fitness Suite	Strength, Sculpt & Toning	
9:00 am - 11:00 am	Public Swim	Teaching Pool	Swimming	
10:00 am - 10:45 am	Spinning	Studio	Cardio/ Fat Burners	
1:15 pm - 2:15 pm	Pilates	Studio	Mind, Wellbeing & Low Impact	