

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 09/04/2024

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