

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 28/04/2024

### Times for Monday 16 October



Time	Session	Facility	Type
9:00 am - 10:00 am	Functional Circuits	Fitness Suite	Strength, Sculpt & Toning
9:15 am - 10:00 am	Aqua Zumba®	Fitness Suite	Water Based
9:30 am - 10:15 am	Spinning	Studio	Cardio/ Fat Burners
10:15 am - 10:45 am	Total Strength	Studio	High Intensity
5:30 pm - 6:30 pm	Total Body	Studio	Strength, Sculpt & Toning
6:30 pm - 8:00 pm	Yoga	Studio	Mind, Wellbeing & Low Impact