

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 03/05/2024

Times for Wednesday 18 October			
Time	Session	Facility	Type
9:00 am - 10:00 am	20/20/20	Studio	Cardio/ Fat Burners
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
7:45 pm - 8:30 pm	Aqua Blast Aerobics	Fitness Suite	Water Based