


# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 27/04/2024

Times for Thursday 19 October				
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	
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	