Activity Timetable

Impulse Leisure - Corringham

Accurate as of 12/10/2024

Times for Friday 20 October

Time	Session	Facility	Type
9:00 am - 10:00 am	Functional Circuits	Fitness Suite	Strength, Sculpt & Toning
10:00 am - 10:45 am	Spinning	Studio	Cardio/ Fat Burners
1:00 pm - 2:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact