## Activity Timetable Impulse Leisure - Corringham

## Accurate as of 19/05/2024

| Times for Sunday 29 October |                   |          | \$                           |
|-----------------------------|-------------------|----------|------------------------------|
| Time                        | Session           | Facility | Туре                         |
| 9:00 am - 10:00 am          | Pilates           | Studio   | Mind, Wellbeing & Low Impact |
| 10:00 am - 11:00 am         | Legs, Bums & Tums | Studio   | Strength, Sculpt & Toning    |