

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 03/05/2024

### Times for Thursday 14 December



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	Main Pool	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 - 8:15 pm	Aqua Blast Aerobics	Main Pool	Water Based
7:30 pm - 8:30 pm	Total Pump	Studio	Cardio/ Fat Burners
8:30 pm - 9:15 pm	Spinning	Studio	Cardio/ Fat Burners