

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 17/05/2025

### Times for Friday 15 December



Time	Session	Facility	Type
9:00 am - 10:00 am	Functional Circuits	Fitness Suite	Strength, Sculpt & Toning
9:00 am - 10:00 am	Metafit	Studio	Cardio/ Fat Burners