Activity Timetable

Impulse Leisure - Corringham

Accurate as of 12/10/2024

Times for Tuesday 19 December

Time	Session	Facility	Type
6:45 am - 7:30 am	Spinning	Studio	Cardio/ Fat Burners
9:00 am - 10:00 am	Pilates	Studio	Mind, Wellbeing & Low Impact
10:00 am - 11:00 am	Easy Does It Aerobics	Studio	Strength, Sculpt & Toning
6:30 pm - 7:15 pm	Spinning	Studio	Cardio/ Fat Burners
7:30 pm - 8:15 pm	Aqua Blast Aerobics	Main Pool	Water Based
8:30 pm - 9:15 pm	Spinning	Studio	Cardio/ Fat Burners