


Activity Timetable

Impulse Leisure - Corringham

Accurate as of 09/04/2024

Times for Wednesday 20 December				
Time	Session	Facility	Type	
9:00 am - 10:00 am	20/20/20	Studio	Cardio/ Fat Burners	
10:00 am - 11:00 am	Zumba®	Studio	Cardio/ Fat Burners	
5:30 pm - 6:00 pm	Total Cardio	Studio	High Intensity	
6:00 pm - 6:30 pm	Ab Attack	Studio	High Intensity	
7:45 pm - 8:30 pm	Aqua Blast Aerobics	Main Pool	Water Based	