

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 12/05/2024

Times for Saturday 23 December			
Time	Session	Facility	Type
9:15 am - 10:00 am	Spinning	Studio	Cardio/ Fat Burners
10:00 am - 10:45 am	Urban Rebounding	Studio	Cardio/ Fat Burners
10:45 am - 11:30 am	Junior Fitness Fun	Studio	Junior