

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 06/05/2024

Times for Wednesday 21 March



| Time | Session | Facility | Type |
|---------------------|---------------|-----------|---------------------|
| 9:15 am - 10:15 am | 20/20/20 | Studio | Cardio/ Fat Burners |
| 10:15 am - 11:15 am | Dance Fit! | Studio | Cardio/ Fat Burners |
| 6:30 pm - 7:30 pm | 20/20/20 | Studio | Cardio/ Fat Burners |
| 7:45 pm - 8:30 pm | Group Cycling | Studio | Cardio/ Fat Burners |
| 8:00 pm - 8:45 pm | Aqua workout | Main Pool | Water Based |