

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 17/05/2025

Times for Thursday 22 March



| Time | Session | Facility | Type |
|---------------------|---------------|----------|------------------------------|
| 6:15 am - 7:00 am | Group Cycling | Studio | Cardio/ Fat Burners |
| 10:30 am - 11:30 am | Fitness Yoga | Studio | Mind, Wellbeing & Low Impact |
| 6:00 pm - 6:45 pm | Group Cycling | Studio | Cardio/ Fat Burners |