

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 17/05/2025

Times for Tuesday 18 September



Time	Session	Facility	Type
9:00 am - 10:00 am	Pilates	Studio	Mind, Wellbeing & Low Impact
10:00 am - 10:45 am	Easy Does It Aerobics	Studio	Strength, Sculpt & Toning
5:30 pm - 6:30 pm	Total Pump	Studio	Cardio/ Fat Burners
6:45 pm - 7:30 pm	Group Cycling	Studio	Cardio/ Fat Burners
8:30 pm - 9:15 pm	Aqua workout	Main Pool	Water Based