

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 03/05/2024

Times for Tuesday 18 December



Time	Session	Facility	Type
6:30 am - 7:15 am	Group Cycling	Studio	Cardio/ Fat Burners
9:00 am - 10:00 am	Pilates	Studio	Mind, Wellbeing & Low Impact
10:00 am - 11:00 am	Easy Does It Aerobics	Studio	Strength, Sculpt & Toning
5:45 pm - 6:30 pm	Body Pump	Studio	Strength, Sculpt & Toning
6:40 pm - 7:25 pm	Group Cycling	Studio	Cardio/ Fat Burners
7:30 pm - 8:15 pm	Aqua workout	Main Pool	Water Based
8:30 pm - 9:15 pm	Group Cycling	Studio	Cardio/ Fat Burners