Activity Timetable

Impulse Leisure - Corringham

Accurate as of 12/10/2024

Times for Wednesday 19 December

Time	Session	Facility	Type
9:00 am - 10:00 am	20/20/20	Studio	Cardio/ Fat Burners
10:00 am - 11:00 am	Zumba®	Studio	Cardio/ Fat Burners
6:30 pm - 7:30 pm	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
7:30 pm - 8:15 pm	Group Cycling	Studio	Cardio/ Fat Burners
7:45 pm - 8:30 pm	Aqua workout	Main Pool	Water Based