


Activity Timetable

Impulse Leisure - Corringham

Accurate as of 01/05/2024

Times for Thursday 20 December				
Time	Session	Facility	Type	
6:30 am - 7:15 am	Group Cycling	Studio	Cardio/ Fat Burners	
9:30 am - 10:30 am	Total Body	Studio	Strength, Sculpt & Toning	
9:45 am - 10:30 am	Aqua workout	Main Pool	Water Based	
10:30 am - 11:30 am	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact	
6:00 pm - 6:45 pm	Total Cardio & Abs	Studio	Cardio/ Fat Burners	
6:45 pm - 7:30 pm	Urban Rebounding	Studio	Cardio/ Fat Burners	
7:30 pm - 8:15 pm	Body Pump	Studio	Strength, Sculpt & Toning	