


Activity Timetable

Impulse Leisure - Corringham

Accurate as of 16/05/2024

Times for Saturday 22 December				
Time	Session	Facility	Type	
9:00 am - 9:45 am	Group Cycling	Studio	Cardio/ Fat Burners	
9:50 am - 10:20 am	BODYPUMP™ Express 30	Studio	Strength, Sculpt & Toning	
10:30 am - 11:15 am	Urban Rebounding	Studio	Cardio/ Fat Burners	