

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 26/04/2024

Times for Monday 22 April



Time	Session	Facility	Type
9:00 am - 10:00 am	Total Pump	Studio	Cardio/ Fat Burners
10:15 am - 11:00 am	Group Cycling	Studio	Cardio/ Fat Burners