## **Activity Timetable Impulse Leisure - Corringham**

## Accurate as of 16/05/2024

Times for Sunday 28 April			
Time	Session	Facility	Туре
9:00 am - 10:00 am	Pilates	Studio	Mind, Wellbeing & Low Impact
10:00 am - 11:00 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning