

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 15/05/2024

Times for Wednesday 14 August



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
5:30 pm - 6:30 pm	Total Cardio & Abs	Studio	Cardio/ Fat Burners
6:30 pm - 7:30 pm	20/20/20	Studio	Cardio/ Fat Burners
7:30 pm - 8:15 pm	Group Cycling	Studio	Cardio/ Fat Burners
7:45 pm - 8:30 pm	Aqua workout	Main Pool	Water Based