


# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 14/05/2024

| Times for Thursday 15 August |                      |           |                              |  |
|------------------------------|----------------------|-----------|------------------------------|---|
| 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            | Group Cycling        | Studio    | Cardio/ Fat Burners          |   |
| 6:45 pm - 7:30 pm            | Urban Rebounding     | Studio    | Cardio/ Fat Burners          |   |
| 7:30 pm - 8:15 pm            | Aqua workout         | Main Pool | Water Based                  |   |
| 7:30 pm - 8:15 pm            | BODYPUMP™ Express 30 | Studio    | Strength, Sculpt & Toning    |   |
| 8:15 pm - 9:00 pm            | Group Cycling        | Studio    | Cardio/ Fat Burners          |   |