

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 25/04/2024

Times for Tuesday 20 August



| Time | Session | Facility | Type |
|---------------------|-----------------------|-----------|------------------------------|
| 6:30 am - 7:15 am | Group Cycling | Studio | Cardio/ Fat Burners |
| 9:00 am - 10:00 am | Pilates | Studio | Mind, Wellbeing & Low Impact |
| 10:00 am - 11:00 am | Easy Does It Aerobics | Studio | Strength, Sculpt & Toning |
| 5:30 pm - 6:30 pm | Les Mills BODYPUMP™ | Studio | Strength, Sculpt & Toning |
| 6:40 pm - 7:25 pm | Group Cycling | Studio | Cardio/ Fat Burners |
| 7:30 pm - 8:15 pm | Aqua | Main Pool | Cardio/ Fat Burners |
| 8:30 pm - 9:15 pm | Group Cycling | Studio | Cardio/ Fat Burners |