


Activity Timetable

Impulse Leisure - Corringham

Accurate as of 29/04/2024

Times for Friday 23 August				
Time	Session	Facility	Type	
9:00 am - 9:30 am	Metafit	Studio	Cardio/ Fat Burners	
9:00 am - 10:00 am	Functional Circuits	Fitness Suite	Strength, Sculpt & Toning	
9:30 am - 10:00 am	Circuit Xpress	Studio	Cardio/ Fat Burners	
10:00 am - 11:00 am	Spin & Abs	Studio	High Intensity	
12:15 pm - 1:15 pm	Pilates	Studio	Mind, Wellbeing & Low Impact	