


# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 05/05/2024

Times for Wednesday 23 January				
Time	Session	Facility	Type	
9:15 am - 10:15 am	20/20/20	Studio	Cardio/ Fat Burners	
10:15 am - 11:15 am	Dance Fit!	Studio	Cardio/ Fat Burners	
6:30 pm - 7:30 pm	20/20/20	Studio	Cardio/ Fat Burners	
7:45 pm - 8:30 pm	Group Cycling	Studio	Cardio/ Fat Burners	
8:00 pm - 8:45 pm	Aqua workout	Main Pool	Water Based	