

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 05/05/2024

Times for Thursday 24 January

Time	Session	Facility	Type
6:15 am - 7:00 am	Group Cycling	Studio	Cardio/ Fat Burners
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
7:00 pm - 7:45 pm	Urban Rebounding	Studio	Cardio/ Fat Burners