Activity Timetable Impulse Leisure - Corringham

Accurate as of 05/05/2024

| Times for Friday 25 January | | | |
|-----------------------------|----------|----------|------------------------------|
| Time | Session | Facility | Туре |
| 9:00 am - 10:00 am | Circuits | Studio | Cardio/ Fat Burners |
| 10:30 am - 11:30 am | Pilates | Studio | Mind, Wellbeing & Low Impact |