

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 07/05/2024

Times for Thursday 21 March



| 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 |