

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 12/05/2024

Times for Saturday 23 March			
Time	Session	Facility	Type
9:00 am - 9:45 am	Group Cycling	Studio	Cardio/ Fat Burners
10:00 am - 11:00 am	Total Pump	Studio	Cardio/ Fat Burners
11:00 am - 11:45 am	Urban Rebounding	Studio	Cardio/ Fat Burners