## **Activity Timetable Impulse Leisure - Corringham**

## Accurate as of 29/04/2024

Times for Friday 29 March			
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