

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 29/04/2024

### Times for Sunday 31 March



| Time                | Session           | Facility | Type                         |
|---------------------|-------------------|----------|------------------------------|
| 9:00 am - 10:00 am  | Pilates           | Studio   | Mind, Wellbeing & Low Impact |
| 10:00 am - 11:00 am | Legs, Bums & Tums | Studio   | Strength, Sculpt & Toning    |