

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 13/05/2024

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