

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 17/05/2025

Times for Thursday 23 May



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