

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 17/05/2025

Times for Sunday 26 May



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