


Activity Timetable

Impulse Leisure - Corringham

Accurate as of 30/04/2024

| Times for Saturday 1 June | | | |  |
|---------------------------|------------------|----------|---------------------|---|
| Time | Session | Facility | Type | |
| 9:00 am - 9:45 am | Group Cycling | Studio | Cardio/ Fat Burners | |
| 10:00 am - 11:00 am | Total Pump | Studio | Cardio/ Fat Burners | |
| 11:00 am - 11:45 am | Urban Rebounding | Studio | Cardio/ Fat Burners | |