

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 17/05/2024

| Times for Saturday 20 July | | | |
|----------------------------|------------------|----------|---------------------|
| 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 |