Activity Timetable

Impulse Leisure - Corringham

Accurate as of 12/10/2024

Times for Monday 22 July

Time	Session	Facility	Type
9:00 am - 10:00 am	Functional Circuits	Fitness Suite	Strength, Sculpt & Toning
9:15 am - 10:00 am	Aqua Zumba®	Main Pool	Water Based
9:30 am - 10:15 am	Group Cycling	Studio	Cardio/ Fat Burners
10:20 am - 10:50 am	BODYPUMP™ Express 30	Studio	Strength, Sculpt & Toning
5:45 pm - 6:45 pm	Body Conditioning	Studio	Strength, Sculpt & Toning
7:00 pm - 8:00 pm	Team Impulse	Studio	Cardio/ Fat Burners