

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 21/09/2024

### Times for Wednesday 27 May



| Time                | Session       | Facility  | Type                |
|---------------------|---------------|-----------|---------------------|
| 9:15 am - 10:15 am  | 20/20/20      | Studio    | Cardio/ Fat Burners |
| 10:15 am - 11:15 am | Dance Fit!    | Studio    | Cardio/ Fat Burners |
| 6:30 pm - 7:30 pm   | 20/20/20      | Studio    | Cardio/ Fat Burners |
| 7:45 pm - 8:30 pm   | Group Cycling | Studio    | Cardio/ Fat Burners |
| 8:00 pm - 8:45 pm   | Aqua workout  | Main Pool | Water Based         |