

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 28/07/2024

Times for Monday 22 July



| Time | Session | Facility | Type |
|---------------------|-------------------|-----------|---------------------------|
| 9:00 am - 10:00 am | Total Pump | Studio | Cardio/ Fat Burners |
| 9:15 am - 10:00 am | Aqua Zumba® | Main Pool | Water Based |
| 10:15 am - 11:00 am | Group Cycling | Studio | Cardio/ Fat Burners |
| 5:45 pm - 6:45 pm | Body Conditioning | Studio | Strength, Sculpt & Toning |
| 6:45 pm - 7:45 pm | Body Pump | Studio | Strength, Sculpt & Toning |