

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 28/07/2024

### Times for Saturday 3 August



| 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 |