

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 31/07/2024

Times for Tuesday 6 August



| Time | Session | Facility | Type |
|---------------------|-----------------------|-----------|------------------------------|
| 9:00 am - 10:00 am | Pilates | Studio | Mind, Wellbeing & Low Impact |
| 10:00 am - 10:45 am | Easy Does It Aerobics | Studio | Strength, Sculpt & Toning |
| 5:30 pm - 6:30 pm | Total Pump | Studio | Cardio/ Fat Burners |
| 6:45 pm - 7:30 pm | Group Cycling | Studio | Cardio/ Fat Burners |
| 8:30 pm - 9:15 pm | Aqua workout | Main Pool | Water Based |