

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 04/08/2024

### Times for Saturday 10 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