

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 10/08/2024

### Times for Friday 16 August



Time	Session	Facility	Type
9:00 am - 10:00 am	Circuits	Studio	Cardio/ Fat Burners
9:15 am - 10:00 am	Aqua workout	Main Pool	Water Based
10:30 am - 11:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact