

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 13/08/2024

### Times for Monday 19 August



| 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 |