

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 15/01/2025

Times for Thursday 16 January



Time	Session	Facility	Type
6:15 am - 7:00 am	Group Cycling	Studio	Cardio/ Fat Burners
9:30 am - 10:30 am	Easy Does It Aerobics	Studio	Strength, Sculpt & Toning
10:30 am - 11:30 am	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact
6:00 pm - 6:45 pm	Group Cycling	Studio	Cardio/ Fat Burners
7:00 pm - 8:00 pm	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning