

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 15/01/2025

Times for Friday 17 January



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	Fitness Pilates	Studio	Mind, Wellbeing & Low Impact