

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 24/11/2020

Times for Wednesday 28 October



Time	Session	Facility	Type
9:00 am - 9:45 am	Aqua workout	Main Pool	Water Based
9:15 am - 10:00 am	20/20/20	Studio	Cardio/ Fat Burners
10:30 am - 11:15 am	Zumba®	Studio	Cardio/ Fat Burners
6:45 pm - 7:30 pm	20/20/20	Studio	Cardio/ Fat Burners
8:00 pm - 8:45 pm	Group Cycling	Studio	Cardio/ Fat Burners
8:00 pm - 8:45 pm	Aqua workout	Main Pool	Water Based