

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 17/05/2025

Times for Saturday 31 October



Time	Session	Facility	Type
9:00 am - 9:45 am	Group Cycling	Studio	Cardio/ Fat Burners
10:00 am - 11:00 am	Total Pump	Studio	Cardio/ Fat Burners