Activity Timetable Impulse Leisure - Corringham

Accurate as of 05/07/2025

Times for Thursday 5 November			
Time	Session	Facility	Туре
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