Activity Timetable Impulse Leisure - Corringham

Accurate as of 03/07/2025

Times for Sunday 8 November			
Time	Session	Facility	Туре
9:00 am - 10:00 am	Fitness Pilates	Studio	Mind, Wellbeing & Low Impact
10:00 am - 11:00 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning