

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 17/05/2025

### Times for Monday 23 November



Time	Session	Facility	Type
9:00 am - 10:00 am	Total Pump	Studio	Cardio/ Fat Burners
9:15 am - 10:00 am	Aqua Zumba®	Main Pool	Water Based
10:15 am - 11:00 am	Group Cycling	Studio	Cardio/ Fat Burners
5:45 pm - 6:45 pm	Body Conditioning	Studio	Strength, Sculpt & Toning
6:45 pm - 7:45 pm	Body Pump	Studio	Strength, Sculpt & Toning