

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 16/10/2021

Times for Monday 20 September



Time	Session	Facility	Type
9:00 am - 9:45 am	Circuits	Studio	Cardio/ Fat Burners
9:15 am - 10:00 am	Aqua workout	Main Pool	Water Based
10:00 am - 10:45 am	Group Cycling	Studio	Cardio/ Fat Burners
5:45 pm - 6:30 pm	Body Conditioning	Studio	Strength, Sculpt & Toning
6:45 pm - 7:30 pm	Body Pump	Studio	Strength, Sculpt & Toning