Activity Timetable

Impulse Leisure - Corringham

Accurate as of 25/04/2024

Times for Friday 24 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
12:15 pm - 1:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact