


# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 09/05/2024

Times for Friday 29 March				
Time	Session	Facility	Type	
9:00 am - 10:00 am	Circuits	Studio	Cardio/ Fat Burners	
9:15 am - 10:00 am	Aqua workout	Main Pool	Water Based	
10:30 am - 11:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact	