


Activity Timetable

Impulse Leisure - Corringham

Accurate as of 08/05/2024

Times for Monday 1 April				
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	