

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 24/09/2026

Times for Wednesday 30 September

Time	Session	Facility	Type
9:15 am - 10:00 am	Aqua workout	Main Pool	Water Based
9:15 am - 10:15 am	20/20/20	Studio	Cardio/ Fat Burners
10:15 am - 11:15 am	Dance Fit!	Studio	Cardio/ Fat Burners
6:30 pm - 7:30 pm	20/20/20	Studio	Cardio/ Fat Burners
7:45 pm - 8:30 pm	Group Cycling	Studio	Cardio/ Fat Burners
8:00 pm - 8:45 pm	Aqua workout	Main Pool	Water Based