

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 29/09/2026

Times for Thursday 1 October				
Time	Session	Facility	Type	
6:15 am - 7:00 am	Group Cycling	Studio	Cardio/ Fat Burners	
9:30 am - 10:30 am	Easy Does It Aerobics	Studio	Strength, Sculpt & Toning	
10:30 am - 11:30 am	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact	
6:00 pm - 6:45 pm	Group Cycling	Studio	Cardio/ Fat Burners	
7:00 pm - 8:00 pm	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning	