

# Activity Timetable

## Impulse Leisure - Corringham

Accurate as of 29/09/2026

| Times for Friday 2 October |                 |           |                              |  |
|----------------------------|-----------------|-----------|------------------------------|-------------------------------------------------------------------------------------|
| 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        | Fitness Pilates | Studio    | Mind, Wellbeing & Low Impact |                                                                                     |