

Activity Timetable

Impulse Leisure - Corringham

Accurate as of 29/09/2026

Times for Saturday 3 October

Time	Session	Facility	Type
9:00 am - 9:45 am	Group Cycling	Studio	Cardio/ Fat Burners
10:00 am - 11:00 am	Total Pump	Studio	Cardio/ Fat Burners
11:00 am - 12:00 pm	Fit Fusion	Studio	Strength, Sculpt & Toning