

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 17/05/2025

Times for Monday 20 September



Time	Session	Facility	Type
8:00 am - 8:45 am	Aqua workout	Boom	Water Based
9:15 am - 10:00 am	Pilates	Studio	Mind, Wellbeing & Low Impact
1:00 pm - 2:30 pm	Yoga Course 6WKS£	Studio	Mind, Wellbeing & Low Impact
5:45 pm - 6:30 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
6:45 pm - 7:30 pm	Group Cycling	Group Cycling	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Zumba®	The Civic Hall	Cardio/ Fat Burners
8:00 pm - 8:45 pm	Aqua workout	Boom	Water Based