

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 20/04/2024

Times for Wednesday 22 September



Time	Session	Facility	Type
8:00 am - 8:45 am	Mind, Body & Movement	Studio	Mind, Wellbeing & Low Impact
8:00 am - 8:45 am	Aqua workout	Main Pool	Water Based
9:00 am - 9:45 am	Pump FX	Gallery Suite	Strength, Sculpt & Toning
9:15 am - 10:00 am	Pilates	Studio	Mind, Wellbeing & Low Impact
1:00 pm - 1:45 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
2:00 pm - 2:45 pm	Mind, Body & Movement	Studio	Mind, Wellbeing & Low Impact
6:30 pm - 7:15 pm	Zumba®	Studio	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Group Cycling	Group Cycling	Cardio/ Fat Burners