

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 26/04/2024

Times for Thursday 23 September



Time	Session	Facility	Type
9:00 am - 9:45 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
10:15 am - 11:00 am	Pilates	Studio	Mind, Wellbeing & Low Impact
10:30 am - 11:15 am	Group Cycling	Group Cycling	Cardio/ Fat Burners
12:00 pm - 12:45 pm	Aqua workout	Boom	Water Based
5:45 pm - 6:30 pm	20/20/20	Studio	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Les Mills BODYATTACK™	Studio	High Intensity
8:00 pm - 8:45 pm	Aqua workout	Boom	Water Based