Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 08/11/2026

Times for Monday 9 November

Time	Session	Facility	Type
8:00 am - 8:45 am	Aqua workout	Boom	Water Based
9:15 am - 10:15 am	Pilates	Studio	Mind, Wellbeing & Low Impact
10:00 am - 11:00 am	Kinesis Circuits	Kinesis Suite	Strength, Sculpt & Toning
5:45 pm - 6:45 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
6:45 pm - 7:45 pm	Zumba®	The Civic Hall	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Group Cycling	Studio	Cardio/ Fat Burners
8:00 pm - 8:45 pm	Aqua Zumba®	Boom	Water Based
8:00 pm - 9:00 pm	Circuits	Studio	Cardio/ Fat Burners