Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 08/11/2026

Times for Wednesday 11 November

Time	Session	Facility	Type
8:00 am - 8:45 am	Aqua workout	Boom	Water Based
8:00 am - 9:00 am	Mind, Body & Movement	Studio	Mind, Wellbeing & Low Impact
9:00 am - 10:00 am	Pump FX	Gallery Suite	Strength, Sculpt & Toning
9:00 am - 10:00 am	Pilates	Studio	Mind, Wellbeing & Low Impact
10:00 am - 11:00 am	Fitball	Studio	Strength, Sculpt & Toning
12:15 pm - 1:00 pm	Aqua workout	Boom	Water Based
1:00 pm - 2:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
2:00 pm - 2:45 pm	Mind, Body & Movement	Studio	Mind, Wellbeing & Low Impact
6:15 pm - 7:15 pm	Zumba®	Studio	Cardio/ Fat Burners
7:30 pm - 8:15 pm	Group Cycling	Studio	Cardio/ Fat Burners