

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 17/05/2025

Times for Thursday 23 March



Time	Session	Facility	Type
9:00 am - 10:00 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
9:00 am - 12:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
9:00 am - 8:00 pm	Public Swim	Splash Pool	Swimming
10:00 am - 11:00 am	Step & Tone	Studio	Cardio/ Fat Burners
12:00 pm - 1:00 pm	Public Swim	Teaching Pool	Swimming
1:00 pm - 2:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
1:00 pm - 3:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
3:00 pm - 4:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
4:00 pm - 7:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
4:30 pm - 5:30 pm	Junior Gym	Fitness Suite	Junior
5:30 pm - 6:30 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
6:30 pm - 7:30 pm	20/20/20	Studio	Cardio/ Fat Burners
7:00 pm - 8:00 pm	Kinesis Core	Kinesis Suite	Mind, Wellbeing & Low Impact
7:00 pm - 8:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
7:30 pm - 8:30 pm	Kick Box Aerobics	Studio	Cardio/ Fat Burners
8:30 pm - 9:30 pm	HIIT LBT	Studio	Cardio/ Fat Burners