

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 23/04/2024

### Times for Friday 24 March



Time	Session	Facility	Type
9:00 am - 10:00 am	Kinesis Move	Kinesis Suite	Mind, Wellbeing & Low Impact
9:00 am - 5:00 pm	Public Swim	Splash Pool	Swimming
9:15 am - 10:15 am	Step & Tone	Gallery Suite	Cardio/ Fat Burners
9:30 am - 10:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact
12:00 pm - 1:00 pm	Public Swim	Teaching Pool	Swimming
1:00 pm - 2:00 pm	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact
2:30 pm - 4:00 pm	Public Swim	Teaching Pool	Swimming
4:00 pm - 4:30 pm	Power Plate®	Fitness Suite	Strength, Sculpt & Toning
4:00 pm - 6:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
5:00 pm - 6:00 pm	Junior Gym	Fitness Suite	Junior