

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 26/04/2024

### Times for Tuesday 28 March



Time	Session	Facility	Type
8:30 am - 12:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
9:00 am - 6:00 pm	Public Swim	Main Pool	Swimming
9:00 am - 6:00 pm	Public Swim	Splash Pool	Swimming
9:15 am - 10:15 am	Kinesis Move	Kinesis Suite	Mind, Wellbeing & Low Impact
9:30 am - 10:30 am	Step It Up	Studio	Cardio/ Fat Burners
10:30 am - 11:30 am	Zumba®	Studio	Cardio/ Fat Burners
12:00 pm - 1:00 pm	Public Swim	Teaching Pool	Swimming
1:00 pm - 2:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
2:00 pm - 4:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
4:30 pm - 5:30 pm	Junior Gym	Fitness Suite	Junior
5:30 pm - 6:00 pm	Power Plate®	Fitness Suite	Strength, Sculpt & Toning
5:30 pm - 6:30 pm	20/20/20	Studio	Cardio/ Fat Burners
6:00 pm - 8:00 pm	Lane Swim	Main Pool	Swimming
6:30 pm - 7:30 pm	Body Blast	Studio	Cardio/ Fat Burners
7:30 pm - 8:15 pm	Spinning	Group Cycling	Cardio/ Fat Burners
7:30 pm - 8:30 pm	Fighting Fit	Studio	Cardio/ Fat Burners
8:00 pm - 8:45 pm	Aqua Blast Aerobics	Main Pool	Water Based
8:00 pm - 10:00 pm	Women's Only Swimming	Main Pool	Swimming
8:45 pm - 10:00 pm	Yoga (Cancelled)	Studio	Mind, Wellbeing & Low Impact