

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 06/05/2024

Times for Wednesday 29 March			
Time	Session	Facility	Type
9:00 am - 10:00 am	Pump FX	Studio	Strength, Sculpt & Toning
9:00 am - 10:00 am	Kinesis Tone	Kinesis Suite	Strength, Sculpt & Toning
9:00 am - 5:00 pm	Public Swim	Main Pool	Swimming
9:00 am - 8:00 pm	Public Swim	Splash Pool	Swimming
9:15 am - 10:15 am	Kick Box Aerobics	Gallery Suite	Cardio/ Fat Burners
10:15 am - 11:15 am	Fitball	Studio	Strength, Sculpt & Toning
11:00 am - 11:30 am	Power Plate®	Fitness Suite	Strength, Sculpt & Toning
12:00 pm - 1:30 pm	Public Swim	Teaching Pool	Swimming
2:00 pm - 3:00 pm	Mind, Body & Movement	Studio	Mind, Wellbeing & Low Impact
2:30 pm - 4:00 pm	Public Swim	Teaching Pool	Swimming
4:00 pm - 6:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
4:30 pm - 5:30 pm	Junior Gym	Fitness Suite	Junior
6:00 pm - 8:00 pm	Lane Swim	Main Pool	Swimming
6:30 pm - 7:30 pm	Zumba®	Studio	Cardio/ Fat Burners
6:30 pm - 8:00 pm	Public Swim	Teaching Pool	Swimming
7:00 pm - 7:45 pm	Spinning	Group Cycling	Cardio/ Fat Burners
7:30 pm - 8:15 pm	Kinesis Tone	Kinesis Suite	Strength, Sculpt & Toning
7:30 pm - 8:30 pm	Body Blast	Studio	Cardio/ Fat Burners
8:30 pm - 9:30 pm	Pilates	Studio	Mind, Wellbeing & Low Impact