

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 18/04/2024

Times for Monday 3 July



Time	Session	Facility	Type
8:00 am - 9:00 am	Mind, Body & Movement	Studio	Mind, Wellbeing & Low Impact
9:15 am - 10:00 am	Total Barre™	Gallery Suite	Strength, Sculpt & Toning
9:15 am - 10:15 am	Pilates	Studio	Mind, Wellbeing & Low Impact
9:15 am - 10:15 am	Kinesis Move	Kinesis Suite	Mind, Wellbeing & Low Impact
10:15 am - 11:00 am	Pump FX	Gallery Suite	Strength, Sculpt & Toning
10:15 am - 11:15 am	Fighting Fit	Studio	Cardio/ Fat Burners
1:00 pm - 2:30 pm	Yoga	Studio	Mind, Wellbeing & Low Impact
4:30 pm - 5:30 pm	Junior Gym	Fitness Suite	Junior
6:00 pm - 6:30 pm	Ab Attack	Studio	High Intensity
6:00 pm - 7:00 pm	Kinesis Shape	Kinesis Suite	Mind, Wellbeing & Low Impact
6:30 pm - 7:30 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
6:45 pm - 7:30 pm	Spinning	Group Cycling	Cardio/ Fat Burners
7:30 pm - 8:30 pm	Aerobix Mix	Studio	Cardio/ Fat Burners
7:30 pm - 8:30 pm	Zumba®	The Civic Hall	Cardio/ Fat Burners
8:30 pm - 9:30 pm	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning