

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 17/05/2025

Times for Monday 21 August



Time	Session	Facility	Type
7:00 am - 9:30 am	Lane Swim	Main Pool	Swimming
8:00 am - 9:00 am	Mind, Body & Movement	Kinesis Suite	Mind, Wellbeing & Low Impact
8:30 am - 11:00 am	Public Swim	Teaching Pool	Swimming
9:15 am - 10:00 am	Total Barre™	Gallery Suite	Strength, Sculpt & Toning
9:15 am - 10:00 am	Kinesis Move	Kinesis Suite	Mind, Wellbeing & Low Impact
9:15 am - 10:15 am	Pilates	Studio	Mind, Wellbeing & Low Impact
9:30 am - 11:30 am	Family Fun Splash	Splash Pool	Swimming
9:30 am - 7:00 pm	Public Swim	Main Pool	Swimming
10:15 am - 11:00 am	Pump FX	Kinesis Suite	Strength, Sculpt & Toning
10:15 am - 11:15 am	Fighting Fit	Studio	Cardio/ Fat Burners
10:30 am - 11:30 am	Fun Session in Boom Area	Main Pool	Cardio/ Fat Burners
11:00 am - 12:00 pm	Family Fun Splash	Teaching Pool	Swimming
11:30 am - 1:00 pm	Public Swim	Splash Pool	Swimming
12:00 pm - 12:30 pm	Public Swim	Teaching Pool	Swimming
12:00 pm - 12:45 pm	Aqua Blast Aerobics	Main Pool	Water Based
12:30 pm - 1:00 pm	Family Fun Splash	Teaching Pool	Swimming
1:00 pm - 2:00 pm	Fun Session in Boom Area	Main Pool	Cardio/ Fat Burners
1:00 pm - 2:00 pm	Pool Disco	Teaching Pool	Swimming
1:00 pm - 2:15 pm	Yoga	Studio	Mind, Wellbeing & Low Impact
1:00 pm - 2:30 pm	Family Fun Splash	Splash Pool	Swimming
2:00 pm - 4:00 pm	Family Fun Splash	Teaching Pool	Swimming

Time	Session	Facility	Type
2:30 pm - 7:00 pm	Public Swim	Splash Pool	Swimming
3:00 pm - 4:00 pm	Fun Session in Boom Area	Main Pool	Cardio/ Fat Burners
6:00 pm - 6:30 pm	Abs Blast	Studio	High Intensity
6:00 pm - 7:00 pm	Limited Space	Main Pool	Swimming
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 - 7:15 pm	Extreme Spinning	Group Cycling	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Aqua Blast Aerobics	Main Pool	Water Based
7:00 pm - 8:00 pm	Boxercise	Kinesis Suite	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
8:00 pm - 8:45 pm	Aqua Blast Aerobics	Main Pool	Water Based
8:00 pm - 9:00 pm	Swimfit	Main Pool	Water Based
8:30 pm - 9:30 pm	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning