

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 17/05/2025

Times for Tuesday 17 October



Time	Session	Facility	Type
9:15 am - 10:00 am	Total Barre™	Gallery Suite	Strength, Sculpt & Toning
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
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
6:30 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
7:30 pm - 8:30 pm	Bootcamp Circuits	Gallery Suite	Cardio/ Fat Burners
8:30 pm - 9:15 pm	Beginners Bootcamp	Gallery Suite	Cardio/ Fat Burners
8:45 pm - 10:00 pm	Yoga	Studio	Mind, Wellbeing & Low Impact