

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 25/04/2024

Times for Thursday 19 October



Time	Session	Facility	Type
9:00 am - 10:00 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
10:00 am - 11:00 am	Step & Tone	Studio	Cardio/ Fat Burners
1:00 pm - 2:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
4:30 pm - 5:30 pm	Junior Gym	Fitness Suite	Junior
5:30 pm - 6:30 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
5:45 pm - 6:45 pm	Les Mills BODYCOMBAT™	Gallery Suite	Cardio/ Fat Burners
6:30 pm - 7:30 pm	20/20/20	Studio	Cardio/ Fat Burners
7:00 pm - 8:00 pm	Kinesis Core	Kinesis Suite	Mind, Wellbeing & Low Impact
7:30 pm - 8:30 pm	Kick Box Aerobics	Studio	Cardio/ Fat Burners
8:30 pm - 9:30 pm	HIIT LBT	Studio	Cardio/ Fat Burners