

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 17/05/2025

Times for Friday 15 December



Time	Session	Facility	Type
8:45 am - 9:30 am	Aqua Blast Aerobics	Splash Pool	Water Based
9:00 am - 10:00 am	Kinesis Tone	Kinesis Suite	Strength, Sculpt & Toning
9:30 am - 10:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact
12:00 pm - 12:45 pm	Aqua Blast Aerobics	Splash Pool	Water Based
1:00 pm - 2:00 pm	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact