

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 19/04/2024

Times for Monday 17 December



Time	Session	Facility	Type
9:15 am - 10:15 am	Kinesis Circuits	Kinesis Suite	Strength, Sculpt & Toning
9:15 am - 10:15 am	Pilates	Studio	Mind, Wellbeing & Low Impact
10:15 am - 11:00 am	Pump FX	Studio	Strength, Sculpt & Toning
12:00 pm - 12:45 pm	Aqua workout	Main Pool	Water Based
1:00 pm - 2:30 pm	Yoga Course 6WKS£	Studio	Mind, Wellbeing & Low Impact
6:00 pm - 6:30 pm	Abs Blast	Studio	High Intensity
6:15 pm - 7:00 pm	Kinesis Circuits	Kinesis Suite	Strength, Sculpt & Toning
6:15 pm - 7:15 pm	Body Combat	The Civic Hall	Cardio/ Fat Burners
6:30 pm - 7:30 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
6:45 pm - 7:30 pm	Group Cycling	Group Cycling	Cardio/ Fat Burners
7:15 pm - 8:00 pm	Aqua workout	Main Pool	Water Based
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