

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 18/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Type
9:15 am - 10:15 am	Total Barre™	Gallery Suite	Strength, Sculpt & Toning
9:30 am - 10:30 am	Step It Up	Studio	Cardio/ Fat Burners
10:30 am - 11:30 am	Zumba®	Studio	Cardio/ Fat Burners
12:00 pm - 12:45 pm	Aqua workout	Boom	Water Based
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
7:00 pm - 7:45 pm	Aqua workout	Boom	Water Based
7:45 pm - 8:30 pm	Group Cycling	Studio	Cardio/ Fat Burners