

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 15/01/2025

Times for Thursday 16 January



Time	Session	Facility	Type
9:00 am - 10:00 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
10:00 am - 11:00 am	Pilates	Studio	Mind, Wellbeing & Low Impact
11:15 am - 12:00 pm	Group Cycling	Studio	Cardio/ Fat Burners
12:00 pm - 12:45 pm	Aqua workout	Boom	Water Based
1:00 pm - 2:00 pm	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact
5:45 pm - 6:45 pm	20/20/20	Studio	Cardio/ Fat Burners
6:00 pm - 7:00 pm	Kinesis Circuits	Kinesis Suite	Strength, Sculpt & Toning
6:45 pm - 7:45 pm	Dance Fit!	Studio	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Urban Rebounding	Gallery Suite	Cardio/ Fat Burners
8:00 pm - 8:45 pm	Aqua workout	Boom	Water Based