

Activity Timetable

Impulse Leisure - Southwick

Accurate as of 16/06/2019

Times for Wednesday 22 May



Time	Session	Facility	Type
9:30 am - 10:30 am	Les Mills BODYCOMBAT™	Studio	Cardio/ Fat Burners
10:30 am - 11:30 am	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact
1:30 pm - 2:30 pm	Mindfulness	Studio	Mind, Wellbeing & Low Impact
6:00 pm - 7:00 pm	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
6:30 pm - 6:45 pm	SNAPCore	Fitness Suite	Snap Sessions
7:00 pm - 7:45 pm	Group Cycling	Group Cycling Room	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Clubbercise®	Studio	Cardio/ Fat Burners
7:50 pm - 8:35 pm	Fitness Pilates	Studio	Mind, Wellbeing & Low Impact