


# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 18/05/2024

Times for Saturday 1 April				
Time	Session	Facility	Type	
8:00 am - 9:30 am	Super Saturday Sweat & Shape	Studio	Cardio/ Fat Burners	
8:00 am - 12:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming	
9:00 am - 10:00 am	Junior Gym	Fitness Suite	Junior	
9:00 am - 5:00 pm	Public Swim	Splash Pool	Swimming	
9:30 am - 10:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact	
10:00 am - 10:45 am	Spinning	Group Cycling	Cardio/ Fat Burners	
10:00 am - 11:00 am	Junior Gym	Fitness Suite	Junior	
11:00 am - 12:00 pm	Junior Gym	Fitness Suite	Junior	
12:00 pm - 5:00 pm	iSwim Swimming Lessons	Teaching Pool	Swimming	