

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 25/04/2024

### Times for Friday 30 June



Time	Session	Facility	Type
9:00 am - 10:00 am	Kinesis Move	Kinesis Suite	Mind, Wellbeing & Low Impact
9:15 am - 10:15 am	Step & Tone	Gallery Suite	Cardio/ Fat Burners
9:30 am - 10:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact
1:00 pm - 2:00 pm	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact
4:00 pm - 4:30 pm	Power Plate®	Fitness Suite	Strength, Sculpt & Toning
5:00 pm - 6:00 pm	Junior Gym	Fitness Suite	Junior