Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 12/10/2024

Times for Saturday 1 July

Time	Session	Facility	Type
8:00 am - 9:30 am	Super Saturday Sweat & Shape	Studio	Cardio/ Fat Burners
9:00 am - 10:00 am	Junior Gym	Fitness Suite	Junior
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