

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 24/04/2024

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 |