

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 02/05/2024

Times for Sunday 9 July



Time	Session	Facility	Type
9:30 am - 10:30 am	Step & Tone	Studio	Cardio/ Fat Burners
10:30 am - 11:30 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning