

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 09/04/2024

Times for Monday 24 September			
Time	Session	Facility	Type
9:15 am - 10:15 am	Pilates	Studio	Mind, Wellbeing & Low Impact
5:45 pm - 6:45 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
6:45 pm - 7:45 pm	Zumba®	The Civic Hall	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Group Cycling	Studio	Cardio/ Fat Burners
8:00 pm - 8:45 pm	Aqua Zumba®	Boom	Water Based