

Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 03/05/2024

Times for Saturday 22 December



Time	Session	Facility	Type
8:00 am - 9:30 am	Super Saturday Sweat & Shape	Studio	Cardio/ Fat Burners
9:30 am - 10:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact
10:00 am - 10:30 am	Street Dance 3-7yrs	Kinesis Suite	Junior
10:00 am - 10:45 am	Group Cycling	Group Cycling	Cardio/ Fat Burners
10:30 am - 11:15 am	Street Dance 8-15yrs	Kinesis Suite	Junior