

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 03/05/2024

### Times for Thursday 17 January



Time	Session	Facility	Type
9:00 am - 10:00 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
12:00 pm - 12:45 pm	Aqua workout	Boom	Water Based
1:00 pm - 2:00 pm	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact
5:45 pm - 6:45 pm	20/20/20	Studio	Cardio/ Fat Burners
8:00 pm - 8:45 pm	Aqua workout	Boom	Water Based