

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 17/05/2024

Times for Friday 18 January			
Time	Session	Facility	Type
9:15 am - 10:15 am	Freestyle Step	Gallery Suite	Cardio/ Fat Burners
9:15 am - 10:15 am	Pilates	Studio	Mind, Wellbeing & Low Impact
1:00 pm - 2:00 pm	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact