

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 18/05/2024

Times for Tuesday 30 April

| Time                | Session       | Facility      | Type                      |
|---------------------|---------------|---------------|---------------------------|
| 9:15 am - 10:15 am  | Total Barre™  | Gallery Suite | Strength, Sculpt & Toning |
| 9:30 am - 10:30 am  | Step It Up    | Studio        | Cardio/ Fat Burners       |
| 10:30 am - 11:30 am | Zumba®        | Studio        | Cardio/ Fat Burners       |
| 12:00 pm - 12:45 pm | Aqua workout  | Boom          | Water Based               |
| 5:30 pm - 6:30 pm   | 20/20/20      | Studio        | Cardio/ Fat Burners       |
| 6:30 pm - 7:30 pm   | Body Blast    | Studio        | Cardio/ Fat Burners       |
| 7:00 pm - 7:45 pm   | Aqua workout  | Boom          | Water Based               |
| 7:45 pm - 8:30 pm   | Group Cycling | Studio        | Cardio/ Fat Burners       |