

# Activity Timetable

## Impulse Leisure - Blackshots

Accurate as of 23/04/2024

### Times for Sunday 26 September



Time	Session	Facility	Type
9:30 am - 10:15 am	Freestyle Step	Studio	Cardio/ Fat Burners
10:00 am - 10:45 am	Group Cycling	Group Cycling	Cardio/ Fat Burners
10:45 am - 11:30 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning