Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 08/11/2026

Times for Sunday 8 November

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