Activity Timetable

Impulse Leisure - Blackshots

Accurate as of 08/11/2026

Times for Saturday 14 November

Time	Session	Facility	Type
8:00 am - 9:00 am	Body Conditioning	Studio	Strength, Sculpt & Toning
9:00 am - 10:00 am	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact
10:15 am - 11:00 am	Group Cycling	Studio	Cardio/ Fat Burners