

# Activity Timetable

## Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 30/04/2024

### Times for Tuesday 21 March



Time	Session	Facility	Type
9:00 am - 1:30 pm	Public Swim	Main Pool	Swimming
9:30 am - 10:30 am	Zumba®	Studio	Cardio/ Fat Burners
10:30 am - 11:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact
3:00 pm - 4:00 pm	Public Swim	Teaching Pool	Swimming
3:00 pm - 7:30 pm	Public Swim	Main Pool	Swimming
4:00 pm - 5:30 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
5:30 pm - 7:30 pm	iSwim Swimming Lessons	Main Pool	Swimming
5:30 pm - 7:30 pm	Public Swim	Teaching Pool	Swimming
6:30 pm - 7:15 pm	Indoor Cycling	Group Cycling	Cardio/ Fat Burners
7:30 pm - 8:30 pm	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning
7:30 pm - 8:30 pm	Adult Swimming Lessons	Main Pool	Swimming
7:30 pm - 8:30 pm	Adult Swimming Lessons	Teaching Pool	Swimming
8:30 pm - 9:30 pm	Family Night	Main Pool	Swimming
8:30 pm - 9:30 pm	Family Night	Teaching Pool	Swimming