

# Activity Timetable

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

Accurate as of 15/05/2024

### Times for Wednesday 22 March



| Time                | Session                | Facility      | Type                      |
|---------------------|------------------------|---------------|---------------------------|
| 7:00 am - 1:30 pm   | Public Swim            | Main Pool     | Swimming                  |
| 7:00 am - 1:30 pm   | Public Swim            | Teaching Pool | Swimming                  |
| 9:30 am - 10:15 am  | Indoor Cycling         | Group Cycling | Cardio/ Fat Burners       |
| 9:30 am - 10:30 am  | Zumba®                 | Studio        | Cardio/ Fat Burners       |
| 10:30 am - 11:15 am | Aqua Blast Aerobics    | Main Pool     | Water Based               |
| 10:30 am - 11:30 am | Total Pump             | Studio        | Cardio/ Fat Burners       |
| 3:00 pm - 4:00 pm   | Public Swim            | Teaching Pool | Swimming                  |
| 4:00 pm - 5:30 pm   | iSwim Swimming Lessons | Teaching Pool | Swimming                  |
| 4:00 pm - 7:00 pm   | Public Swim            | Main Pool     | Swimming                  |
| 5:30 pm - 7:00 pm   | iSwim Swimming Lessons | Main Pool     | Swimming                  |
| 5:30 pm - 7:00 pm   | Public Swim            | Teaching Pool | Swimming                  |
| 6:00 pm - 7:00 pm   | Urban Rebounding       | Studio        | Cardio/ Fat Burners       |
| 7:00 pm - 8:00 pm   | Legs, Bums & Tums      | Studio        | Strength, Sculpt & Toning |
| 7:15 pm - 8:00 pm   | Aqua Blast Aerobics    | Main Pool     | Water Based               |
| 8:00 pm - 9:00 pm   | iSwim Swimming Lessons | Main Pool     | Swimming                  |
| 8:00 pm - 9:00 pm   | Clubbercise®           | Studio        | Cardio/ Fat Burners       |