Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 12/10/2024

Times for Friday 24 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
9:15 am - 10:00 am	Zumba® Step	Studio	Cardio/ Fat Burners
9:15 am - 10:00 am	Indoor Cycling	Group Cycling	Cardio/ Fat Burners
10:00 am - 10:45 am	Aqua Blast Aerobics	Main Pool	Water Based
10:00 am - 11:00 am	Total Body	Studio	Strength, Sculpt & Toning
3:00 pm - 7:00 pm	Public Swim	Main Pool	Swimming
3:00 pm - 7:00 pm	Public Swim	Teaching Pool	Swimming
6:30 pm - 7:30 pm	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning