

# Activity Timetable

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

Accurate as of 01/05/2024

### Times for Monday 24 April



Time	Session	Facility	Type
7:30 am - 1:30 pm	Public Swim	Main Pool	Swimming
7:30 am - 1:30 pm	Public Swim	Teaching Pool	Swimming
9:45 am - 10:30 am	Aqua Blast Aerobics	Main Pool	Water Based
10:00 am - 11:00 am	Insanity™	Studio	Cardio/ Fat Burners