

# Activity Timetable

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

Accurate as of 04/05/2024

Times for Saturday 1 July				
Time	Session	Facility	Type	
8:00 am - 1:30 pm	iSwim Swimming Lessons	Main Pool	Swimming	
8:00 am - 1:30 pm	iSwim Swimming Lessons	Teaching Pool	Swimming	
9:30 am - 10:30 am	Urban Rebounding	Studio	Cardio/ Fat Burners	
10:15 am - 11:00 am	Indoor Cycling	Group Cycling	Cardio/ Fat Burners	
10:30 am - 11:15 am	Junior Fitness Fun	Studio	Junior	
11:15 am - 12:15 pm	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning	
2:30 pm - 3:30 pm	Water Slide	Main Pool	Swimming	
2:30 pm - 3:30 pm	Water Slide	Teaching Pool	Swimming	
3:45 pm - 4:45 pm	Birthday Party Hire	Main Pool	Swimming	
3:45 pm - 4:45 pm	Birthday Party Hire	Teaching Pool	Swimming	
5:00 pm - 6:00 pm	Birthday Party Hire	Main Pool	Swimming	
5:00 pm - 6:00 pm	Birthday Party Hire	Teaching Pool	Swimming	