


# Activity Timetable

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

Accurate as of 07/05/2024

Times for Monday 3 July				
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	
3:00 pm - 4:00 pm	Public Swim	Teaching Pool	Swimming	
3:00 pm - 7:00 pm	Public Swim	Main Pool	Swimming	
4:00 pm - 5:30 pm	iSwim Swimming Lessons	Teaching 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	
7:00 pm - 7:45 pm	Bike on The Beat	Group Cycling	Cardio/ Fat Burners	
7:00 pm - 8:00 pm	Step & Tone	Studio	Cardio/ Fat Burners	
7:30 pm - 8:15 pm	Aqua Blast Aerobics	Main Pool	Water Based	
8:00 pm - 9:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact	