

# Activity Timetable

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

Accurate as of 01/05/2024

### Times for Thursday 6 July



Time	Session	Facility	Type
7:30 am - 9:30 am	Public Swim	Teaching Pool	Swimming
7:30 am - 1:30 pm	Public Swim	Main Pool	Swimming
9:15 am - 10:00 am	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
10:00 am - 11:00 am	Fighting Fit	Studio	Cardio/ Fat Burners
11:00 am - 12:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
1:30 pm - 2:30 pm	Swimfit	Main Pool	Water Based
3:00 pm - 7:30 pm	Public Swim	Main Pool	Swimming
3:00 pm - 7:30 pm	Public Swim	Teaching Pool	Swimming
6:30 pm - 7:30 pm	Bootcamp Circuits	Studio	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Indoor Cycling	Group Cycling	Cardio/ Fat Burners
7:30 pm - 8:30 pm	Functional Fitness	Studio	Strength, Sculpt & Toning
7:30 pm - 8:30 pm	Adult Swimming Lessons	Main Pool	Swimming
7:30 pm - 8:30 pm	Adult Swimming Lessons	Teaching Pool	Swimming
8:30 pm - 9:30 pm	Adults Only	Main Pool	Swimming
8:30 pm - 9:30 pm	Adults Only	Teaching Pool	Swimming