

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 16/05/2024

| Times for Friday 7 July | | | |
|-------------------------|---------------------|---------------|---------------------------|
| 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 |