

# Activity Timetable

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

Accurate as of 01/05/2024

### Times for Saturday 8 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