

# Activity Timetable

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

Accurate as of 30/04/2024

### Times for Wednesday 16 August



Time	Session	Facility	Type
7:00 am - 12:00 pm	Public Swim	Teaching Pool	Swimming
7:00 am - 12:00 pm	Public Swim	Main Pool	Swimming
9:30 am - 10:15 am	Indoor Cycling	Group Cycling	Cardio/ Fat Burners
9:30 am - 10:30 am	Zumba®	Studio	Cardio/ Fat Burners
10:30 am - 11:15 am	Aqua Blast Aerobics	Main Pool	Water Based
10:30 am - 11:30 am	Total Pump	Studio	Cardio/ Fat Burners
4:00 pm - 5:30 pm	iSwim Swimming Lessons	Teaching Pool	Swimming
4:00 pm - 7:00 pm	Public Swim	Main 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
6:00 pm - 7:00 pm	Urban Rebounding	Studio	Cardio/ Fat Burners
7:00 pm - 8:00 pm	Legs, Bums & Tums	Studio	Strength, Sculpt & Toning
7:15 pm - 8:00 pm	Aqua Blast Aerobics	Main Pool	Water Based
8:00 pm - 9:00 pm	iSwim Swimming Lessons	Main Pool	Swimming
8:00 pm - 9:00 pm	Clubbercise®	Studio	Cardio/ Fat Burners