

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 20/04/2024

Times for Monday 21 August



| Time | Session | Facility | Type |
|---------------------|------------------------|---------------|------------------------------|
| 7:30 am - 12:00 pm | Public Swim | Main Pool | Swimming |
| 7:30 am - 12:00 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 |
| 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 |
| 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 |