

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 16/05/2024

| Times for Thursday 24 August | | | |
|------------------------------|------------------------|---------------|------------------------------|
| Time | Session | Facility | Type |
| 7:30 am - 9:30 am | Public Swim | Teaching Pool | Swimming |
| 7:30 am - 12:00 pm | Public Swim | Main Pool | Swimming |
| 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 |
| 4:00 pm - 7:30 pm | Public Swim | Teaching Pool | Swimming |
| 4:00 pm - 7:30 pm | Public Swim | Main Pool | Swimming |
| 6:00 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 |