

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 16/05/2024

| Times for Saturday 26 August | | | |
|------------------------------|------------------------|---------------|---------------------------|
| 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 |