

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 08/05/2024

Times for Wednesday 18 October



Time	Session	Facility	Type
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 - 11:30 am	Total Pump	Studio	Cardio/ Fat Burners
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
8:00 pm - 9:00 pm	Clubbercise®	Studio	Cardio/ Fat Burners