Activity Timetable Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 13 December				٩
Time	Session	Facility	Туре	
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	