

# Activity Timetable

## Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 26/04/2024

### Times for Saturday 16 December



Time	Session	Facility	Type
9:30 am - 10:30 am	Urban Rebounding	Studio	Cardio/ Fat Burners
10:15 am - 11:00 am	Extreme Spinning	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