

# Activity Timetable

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

Accurate as of 07/05/2024

Times for Tuesday 18 December			
Time	Session	Facility	Type
9:30 am - 10:30 am	Zumba®	Studio	Cardio/ Fat Burners
10:30 am - 11:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact
6:30 pm - 7:15 pm	Group Cycling	Group Cycling	Cardio/ Fat Burners
6:30 pm - 7:15 pm	Urban Rebounding	Studio	Cardio/ Fat Burners
7:30 pm - 8:30 pm	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning