


Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 17/05/2024

| Times for Monday 22 April | | | |  |
|---------------------------|---------------|---------------|------------------------------|---|
| Time | Session | Facility | Type | |
| 9:00 am - 9:45 am | Group Cycling | Group Cycling | Cardio/ Fat Burners | |
| 9:45 am - 10:30 am | Aqua workout | Main Pool | Water Based | |
| 6:30 pm - 7:30 pm | Pound! | Studio | Mind, Wellbeing & Low Impact | |
| 7:15 pm - 8:00 pm | Group Cycling | Group Cycling | Cardio/ Fat Burners | |
| 7:30 pm - 8:15 pm | Aqua workout | Main Pool | Water Based | |
| 7:30 pm - 8:30 pm | Pilates | Studio | Mind, Wellbeing & Low Impact | |