

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 26/04/2024

Times for Wednesday 24 July



Time	Session	Facility	Type
9:30 am - 10:15 am	Group Cycling	Group Cycling	Cardio/ Fat Burners
9:30 am - 10:30 am	Zumba®	Studio	Cardio/ Fat Burners
10:30 am - 11:15 am	Aqua	Main Pool	Cardio/ Fat Burners
6:00 pm - 7:00 pm	Urban Rebounding	Studio	Cardio/ Fat Burners
6:45 pm - 7:30 pm	Group Cycling	Group Cycling	Cardio/ Fat Burners
7:00 pm - 8:00 pm	Step & Tone	Studio	Cardio/ Fat Burners
7:15 pm - 8:00 pm	Aqua	Main Pool	Cardio/ Fat Burners
8:00 pm - 9:00 pm	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning