

# Activity Timetable

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

Accurate as of 05/05/2024

| 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 |