

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 06/05/2024

Times for Friday 26 July



Time	Session	Facility	Type
9:15 am - 10:00 am	Zumba® Step	Studio	Cardio/ Fat Burners
9:15 am - 10:00 am	Group Cycling	Group Cycling	Cardio/ Fat Burners
10:00 am - 10:45 am	Aqua	Main Pool	Cardio/ Fat Burners
10:00 am - 11:30 am	Yoga Course 6WKS£	Studio	Mind, Wellbeing & Low Impact
6:30 pm - 7:30 pm	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning