

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 27/07/2024

Times for Wednesday 31 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 workout | Main Pool | Water Based |
| 6:00 pm - 7:00 pm | Total Tone | Studio | Strength, Sculpt & Toning |
| 7:15 pm - 8:00 pm | Aqua workout | Main Pool | Water Based |
| 7:15 pm - 8:00 pm | Group Cycling | Group Cycling | Cardio/ Fat Burners |