

# Activity Timetable

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

Accurate as of 27/07/2024

### Times for Friday 2 August



Time	Session	Facility	Type
9:15 am - 10:15 am	Zumba® Step	Studio	Cardio/ Fat Burners
9:30 am - 10:15 am	Group Cycling	Group Cycling	Cardio/ Fat Burners
10:30 am - 11:15 am	Aqua workout	Main Pool	Water Based
10:30 am - 11:30 am	Fitness Yoga	Studio	Mind, Wellbeing & Low Impact