

# Activity Timetable

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

Accurate as of 15/01/2025

### Times for Friday 17 January



| Time                | Session       | Facility      | Type                         |
|---------------------|---------------|---------------|------------------------------|
| 9:15 am - 10:15 am  | Zumba®        | 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 |