Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 28 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	Urban Rebounding	Studio	Cardio/ Fat Burners
7:15 pm - 8:00 pm	Aqua workout	Main Pool	Water Based