

# Activity Timetable

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

Accurate as of 14/09/2026

| Times for Tuesday 15 September |                   |               |                              |
|--------------------------------|-------------------|---------------|------------------------------|
| Time                           | Session           | Facility      | Type                         |
| 9:30 am - 10:30 am             | Zumba®            | Studio        | Cardio/ Fat Burners          |
| 10:30 am - 11:30 am            | Fitness Pilates   | Studio        | Mind, Wellbeing & Low Impact |
| 6:30 pm - 7:15 pm              | Group Cycling     | Group Cycling | Cardio/ Fat Burners          |
| 6:30 pm - 7:30 pm              | Legs, Bums & Tums | Studio        | Strength, Sculpt & Toning    |
| 7:30 pm - 8:30 pm              | Total Pump        | Studio        | Cardio/ Fat Burners          |