

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 03/10/2026

Times for Monday 5 October			
Time	Session	Facility	Type
9:00 am - 9:45 am	Group Cycling	Group Cycling	Cardio/ Fat Burners
9:45 am - 10:30 am	Aqua workout	Main Pool	Water Based
10:15 am - 11:15 am	Circuits	Studio	Cardio/ Fat Burners
6:30 pm - 7:30 pm	Pound!	Studio	Mind, Wellbeing & Low Impact
7:15 pm - 8:00 pm	Group Cycling	Group Cycling	Cardio/ Fat Burners
7:30 pm - 8:15 pm	Aqua workout	Main Pool	Water Based
7:30 pm - 8:30 pm	Fitness Pilates	Studio	Mind, Wellbeing & Low Impact