

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 03/10/2026

Times for Friday 9 October				
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	