

# Activity Timetable

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

Accurate as of 05/05/2024

Times for Saturday 27 July			
Time	Session	Facility	Type
9:15 am - 10:00 am	Group Cycling	Group Cycling	Cardio/ Fat Burners
9:30 am - 10:15 am	Junior Fitness Fun	Studio	Junior
10:15 am - 11:15 am	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning