

# Activity Timetable

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

Accurate as of 29/07/2024

### Times for Friday 26 July



Time	Session	Facility	Type
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