

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 10/08/2024

Times for Friday 16 August



| 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 |