

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 20/08/2024

Times for Monday 26 August



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