

# Activity Timetable

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

Accurate as of 01/07/2025

Times for Monday 26 July			
Time	Session	Facility	Type
9:15 am - 10:00 am	Group Cycling	Group Cycling	Cardio/ Fat Burners
9:45 am - 10:30 am	Aqua workout	Main Pool	Water Based
7:00 pm - 7:45 pm	Group Cycling	Group Cycling	Cardio/ Fat Burners
7:00 pm - 8:00 pm	Step & Tone	Studio	Cardio/ Fat Burners
7:30 pm - 8:15 pm	Aqua workout	Main Pool	Water Based
8:00 pm - 9:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact