

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 06/05/2024

Times for Thursday 5 August



Time	Session	Facility	Type
10:00 am - 11:00 am	Fighting Fit	Studio	Cardio/ Fat Burners
11:00 am - 12:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
6:30 pm - 7:30 pm	Circuits	Studio	Cardio/ Fat Burners