


Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 13/07/2025

| 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 | |