

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 03/10/2026

Times for Thursday 8 October				
Time	Session	Facility	Type	
10:00 am - 11:00 am	Fitness Pilates	Studio	Mind, Wellbeing & Low Impact	
6:30 pm - 7:15 pm	Circuits	Studio	Cardio/ Fat Burners	