

# Activity Timetable

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

Accurate as of 03/05/2024

### Times for Monday 16 October



Time	Session	Facility	Type
10:00 am - 11:00 am	Insanity™	Studio	Cardio/ Fat Burners
6:00 pm - 6:45 pm	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning
7:00 pm - 7:45 pm	Bike on The Beat	Group Cycling	Cardio/ Fat Burners
7:00 pm - 8:00 pm	Step & Tone	Studio	Cardio/ Fat Burners
8:00 pm - 9:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact