


# Activity Timetable

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

Accurate as of 28/04/2024

Times for Tuesday 19 December				
Time	Session	Facility	Type	
9:30 am - 10:30 am	Zumba®	Studio	Cardio/ Fat Burners	
10:30 am - 11:30 am	Pilates	Studio	Mind, Wellbeing & Low Impact	
6:30 pm - 7:15 pm	Indoor Cycling	Studio	Cardio/ Fat Burners	
7:30 pm - 8:30 pm	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning	