Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 12/10/2024

Times for Monday 17 December

Time	Session	Facility	Type
10:00 am - 11:00 am	Insanity™	Studio	Cardio/ Fat Burners
7:00 pm - 7:45 pm	Group Cycling	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