

# Activity Timetable

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

Accurate as of 19/05/2024

Times for Saturday 22 December			
Time	Session	Facility	Type
9:15 am - 10:15 am	Body Conditioning	Studio	Strength, Sculpt & Toning
9:15 am - 10:15 am	Body Conditioning	Studio	Strength, Sculpt & Toning
10:15 am - 11:15 am	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning