

# Activity Timetable

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

Accurate as of 06/05/2024

Times for Thursday 25 July			
Time	Session	Facility	Type
9:15 am - 10:00 am	Les Mills BODYPUMP™	Studio	Strength, Sculpt & Toning
10:00 am - 11:00 am	Fighting Fit	Studio	Cardio/ Fat Burners
11:00 am - 12:00 pm	Pilates	Studio	Mind, Wellbeing & Low Impact
6:30 pm - 7:30 pm	Circuits	Studio	Cardio/ Fat Burners
7:30 pm - 8:30 pm	Functional Fitness	Studio	Strength, Sculpt & Toning