

Activity Timetable

Impulse Leisure - Belhus Park Golf Club & Leisure Centre

Accurate as of 01/11/2024

Times for Thursday 18 April



| Time | Session | Facility | Type |
|---------------------|-----------------|----------|------------------------------|
| 10:00 am - 11:00 am | Fitness Pilates | Studio | Mind, Wellbeing & Low Impact |
| 6:30 pm - 7:15 pm | Circuits | Studio | Cardio/ Fat Burners |