

# Activity Timetable

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

Accurate as of 15/01/2025

### Times for Thursday 16 January



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