

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 01/05/2024

Times for Saturday 22 December



| Time | Session | Facility | Level |
|---------------|--------------------|-------------|---------------------|
| 09:00 - 09:45 | Total Body Workout | Studio | Strength and Toning |
| 10:00 - 10:45 | Dance Fitness | Sports Hall | Mind and Body |