

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 16/05/2024

Times for Thursday 13 June



| Time | Session | Facility | Level |
|---------------|------------|----------|---------------------|
| 11:30 - 12:15 | Aquafit | Pool | Aqua |
| 18:30 - 19:15 | Body Blast | Studio | Strength and Toning |