## **Zest Group Fitness Timetable Bedale Leisure Centre**

## Accurate as of 15/05/2024

Times for Saturday 15 June				<b>(</b>
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	