## Zest Group Fitness Timetable Bedale Leisure Centre

## Accurate as of 07/05/2024

Times for Thursday 22 August				<u>()</u>
Time	Session	Facility	Level	
11:30 - 12:15	Aquafit	Pool	Aqua	
18:30 - 19:15	Body Blast	Studio	Strength and Toning	