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

## Accurate as of 29/04/2024

Times for Wednesday 1 July				<b>(</b>
Time	Session	Facility	Level	
10:00 - 10:45	Fitness Mix	Studio	Strength and Toning	
18:00 - 18:45	Dance Fitness	Sports Hall	Dance	