Zest Group Fitness Timetable Bedale Leisure Centre

Accurate as of 04/05/2024

Times for Thursday 25 April				<u>\</u>
Time	Session	Facility	Level	
09:15 - 10:00	Pilates	Studio	Mind and Body	
10:00 - 10:45	Yoga	Studio	Mind and Body	
11:30 - 12:15	Aquafit	Pool	Aqua	
18:30 - 19:15	Body Blast	Studio	Strength and Toning	