

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 26/04/2024

Times for Thursday 25 April



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