

# Zest Group Fitness Timetable

## Bedale Leisure Centre

Accurate as of 05/05/2024

### Times for Monday 29 April



| Time          | Session             | Facility | Level               |
|---------------|---------------------|----------|---------------------|
| 09:15 - 10:00 | Fitness Mix         | Studio   | Strength and Toning |
| 10:15 - 11:00 | Pilates             | Studio   | Body, Mind and Soul |
| 18:00 - 18:45 | Body Blast          | Studio   | Strength and Toning |
| 18:15 - 19:00 | Aquafit             | Pool     | Aqua                |
| 19:00 - 19:45 | Pilates             | Studio   | Mind and Body       |
| 20:00 - 20:45 | Virtual Group Cycle | Studio   | Spin                |