


Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 19/05/2024

Times for Thursday 2 May				
Time	Session	Facility	Level	
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	