

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 28/07/2024

Times for Tuesday 23 July



Time	Session	Facility	Level
07:30 - 08:15	Virtual Group Cycle	Studio	High-Energy
09:30 - 10:15	Group Cycle Connect	Studio	Spin
10:30 - 11:15	Tai Chi	Studio	Strength and Toning
11:30 - 12:15	Aquafit	Pool	Aqua
18:00 - 18:45	Dance Fitness	Studio	High-Energy
19:00 - 19:45	Group Cycle Connect	Studio	
20:00 - 20:45	Virtual Group Cycle	Studio	Spin