

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 27/07/2024

Times for Saturday 27 July



| Time | Session | Facility | Level |
|---------------|--------------------|-------------|---------------------|
| 09:00 - 09:45 | Total Body Workout | Studio | Strength and Toning |
| 10:00 - 10:45 | Dance Fitness | Sports Hall | Mind and Body |
| 10:00 - 10:45 | Stretch Therapy | Studio | Body, Mind and Soul |