

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 27/07/2024

Times for Thursday 1 August



Time	Session	Facility	Level
09:15 - 10:00	Pilates	Studio	Mind and Body
10:15 - 11:00	Stretch Therapy	Studio	Strength and Toning
11:30 - 12:15	Aquafit	Pool	Aqua
18:30 - 19:15	Body Blast	Studio	Strength and Toning