

# Zest Group Fitness Timetable

## Bedale Leisure Centre

Accurate as of 28/07/2024

### Times for Saturday 3 August



| 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 |