

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 15/08/2024

Times for Wednesday 21 August



| Time | Session | Facility | Level |
|---------------|---------------|-------------|---------------------|
| 07:00 - 07:45 | Group Cycling | Studio | Spin |
| 10:00 - 10:45 | Fitness Mix | Studio | Strength and Toning |
| 13:45 - 14:30 | Hydrofit | Pool | Aqua |
| 17:15 - 18:00 | Pilates | Studio | Mind and Body |
| 18:00 - 18:45 | Dance Fitness | Sports Hall | Dance |