Zest Group Fitness Timetable Bedale Leisure Centre

Accurate as of 18/09/2024

Times for Thursday 22 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	