

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 03/09/2024

Times for Friday 6 September



Time	Session	Facility	Level
09:30 - 10:15	Dance Fitness	Studio	Dance
10:15 - 11:00	Pilates	Studio	Body, Mind and Soul
12:30 - 13:15	Virtual Group Cycle	Studio	High-Energy
17:30 - 18:15	Group Cycling	Studio	High-Energy
18:30 - 19:15	Virtual Group Cycle	Studio	High-Energy