

# Zest Group Fitness Timetable

## Bedale Leisure Centre

Accurate as of 10/09/2024

### Times for Monday 16 September



Time	Session	Facility	Level
09:15 - 10:00	Fitness Mix	Studio	Strength and Toning
10:15 - 11:00	Pilates	Studio	Body, Mind and Soul
17:00 - 17:45	Pilates	Studio	Mind and Body
18:00 - 18:45	Body Blast	Studio	Strength and Toning
18:15 - 19:00	Aquafit	Pool	Aqua
20:00 - 20:45	Virtual Group Cycle	Studio	Spin