

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 18/10/2024

Times for Friday 27 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 |