

# Zest Group Fitness Timetable

## Bedale Leisure Centre

Accurate as of 18/10/2024

### Times for Saturday 28 September



Time	Session	Facility	Level
09:00 - 09:45	Total Body Workout	Studio	Strength and Toning
10:00 - 10:45	Dance Fitness	Sports Hall	Mind and Body
10:00 - 10:45	Stretch Therapy	Studio	Body, Mind and Soul