Zest Group Fitness Timetable Bedale Leisure Centre

Accurate as of 18/10/2024

| Times for Sunday 29 September | | | | ٩ |
|-------------------------------|---------------------|----------|-------------|---|
| Time | Session | Facility | Level | |
| 09:00 - 09:45 | Group Cycle Connect | Studio | High-Energy | |
| 10:00 - 10:45 | Virtual Group Cycle | Studio | High-Energy | |