

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 02/05/2024

Times for Wednesday 18 May



Time	Session	Facility	Level
10:00 - 10:45	Fitness Mix	Studio	Strength and Toning
18:00 - 18:45	Dance Fitness	Sports Hall	Dance
19:00 - 19:45	Yoga	Studio	Mind and Body