# Zest Group Fitness Timetable

## Bedale Leisure Centre

**Accurate as of 12/10/2024**

**Times for Saturday 21 May**

| 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 |