## Zest Group Fitness Timetable Bedale Leisure Centre

## Accurate as of 08/05/2024

Times for Tuesday 24 May				٩
Time	Session	Facility	Level	
07:30 - 08:15	Virtual Group Cycle	Studio	High-Energy	
10:30 - 11:15	Tai Chi	Studio	Strength and Toning	
11:30 - 12:15	Aquafit	Pool	Aqua	
18:00 - 18:45	Dance Fitness	Studio	High-Energy	