

# Zest Group Fitness Timetable

## Bedale Leisure Centre

Accurate as of 27/04/2024

### Times for Tuesday 24 May



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