


Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 18/05/2024

Times for Friday 27 May				
Time	Session	Facility	Level	
09:30 - 10:15	Dance Fitness	Studio	Dance	
10:15 - 11:00	Pilates	Studio	Body, Mind and Soul	
12:30 - 13:15	Virtual Group Cycle	Studio	High-Energy	
17:30 - 18:15	Group Cycling	Studio	High-Energy	
18:30 - 19:15	Virtual Group Cycle	Studio	High-Energy	