

Zest Group Fitness Timetable

Bedale Leisure Centre

Accurate as of 10/05/2025

Times for Monday 28 April



Time	Session	Facility	Level
09:15 - 10:00	Dance Fitness	Studio	Dance
10:15 - 11:00	Total Body Workout	Studio	Body, Mind and Soul
17:00 - 17:45	Pilates	Studio	Mind and Body
18:00 - 18:45	Body Blast	Studio	Strength and Toning
18:15 - 19:00	Aquafit	Pool	Aqua
20:00 - 20:45	Virtual Group Cycle	Studio	Spin