

# Group Fitness Timetable

## Bedale Leisure and Wellbeing Hub

Accurate as of 30/10/2025

### Times for Tuesday 4 November



Time	Session	Facility	Level
07:30 - 08:15	Virtual Group Cycle	Studio	High-Energy
09:30 - 10:15	Group Cycle Connect	Studio	Spin
10:30 - 11:15	Tai Chi	Studio	Strength and Toning
11:30 - 12:15	Aquafit	Pool	Aqua
17:30 - 18:15	Seated Dance Fitness	Studio	Strength and Toning
19:00 - 19:45	Group Cycle Connect	Studio	
20:00 - 20:45	Virtual Group Cycle	Studio	Spin