

Group Fitness Timetable

Bedale Leisure and Wellbeing Hub

Accurate as of 04/11/2025

Times for Friday 7 November



Time	Session	Facility	Level
09:30 - 10:15	Dance Fitness	Studio	Dance
10:15 - 11:00	Circuits	Studio	Body, Mind and Soul
12:30 - 13:15	Virtual Group Cycle	Studio	High-Energy
15:00 - 15:45	Seated Dance Fitness	Studio	Strength and Toning
17:30 - 18:15	Group Cycling	Studio	High-Energy
18:30 - 19:15	Virtual Group Cycle	Studio	High-Energy
19:00 - 19:45	Aquafit	Pool	Pool based