

Group Fitness Timetable

Bedale Leisure and Wellbeing Hub

Accurate as of 05/05/2026

Times for Friday 8 May



| Time | Session | Facility | Level |
|---------------|---------------------|----------|---------------------|
| 09:30 - 10:15 | Dance Fitness | Studio | Dance |
| 10:15 - 11:00 | Circuits | Studio | Body, Mind and Soul |
| 15:00 - 15:45 | Low Intensity Fit | Studio | Strength and Toning |
| 17:30 - 18:15 | Group Cycling | Studio | High-Energy |
| 18:30 - 19:15 | Virtual Group Cycle | Studio | High-Energy |
| 19:30 - 20:15 | Aquafit | Pool | Pool based |