

# Group Fitness Timetable

## Bedale Leisure and Wellbeing Hub

Accurate as of 24/06/2026

### Times for Saturday 13 June



Time	Session	Facility	Level
09:00 - 09:45	Total Body Workout	Studio	Strength and Toning
10:00 - 10:45	Stretch Therapy	Studio	Body, Mind and Soul