

# Group Fitness Timetable

## Bedale Leisure and Wellbeing Hub

Accurate as of 24/06/2026

### Times for Friday 19 June



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