

# Group Fitness Timetable

## Bedale Leisure and Wellbeing Hub

Accurate as of 27/06/2026

### Times for Wednesday 1 July



Time	Session	Facility	Level
10:00 - 10:45	Fitness Mix	Studio	Strength and Toning
13:45 - 14:30	Hydrofit	Pool	Aqua
14:45 - 15:00	Aquafit	Pool	Pool based
17:00 - 17:45	Pilates	Studio	Mind and Body
18:00 - 18:45	Dance Fitness	Sports Hall	Dance
18:30 - 19:15	Group Cycling	Studio	Spin