

Group Fitness Timetable

Bedale Leisure and Wellbeing Hub

Accurate as of 18/09/2026

Times for Tuesday 22 September				
Time	Session	Facility	Level	
07:30 - 08:15	Virtual Group Cycle	Studio	High-Energy	
09:30 - 10:15	Group Cycle Connect	Studio	Spin	
10:30 - 11:15	Tai Chi	Studio	Strength and Toning	
11:30 - 12:15	Aquafit	Pool	Aqua	
17:30 - 18:15	Low Intensity Fit	Studio	Strength and Toning	
19:00 - 19:45	Group Cycle Connect	Studio		
20:00 - 20:45	Virtual Group Cycle	Studio	Spin	