

Group Fitness Timetable

Bedale Leisure and Wellbeing Hub

Accurate as of 24/09/2026

Times for Monday 28 September				
Time	Session	Facility	Level	
09:15 - 10:00	Dance Fitness	Studio	Dance	
10:15 - 11:00	Total Body Workout	Studio	Body, Mind and Soul	
17:00 - 17:45	Pilates	Studio	Mind and Body	
18:00 - 18:45	Body Blast	Studio	Strength and Toning	
18:15 - 19:00	Aquafit	Pool	Aqua	
20:00 - 20:45	Virtual Group Cycle	Studio	Spin	