

# Group Fitness Timetable

## Bedale Leisure and Wellbeing Hub

Accurate as of 25/09/2026

Times for Thursday 1 October



| Time          | Session         | Facility | Level               |
|---------------|-----------------|----------|---------------------|
| 09:15 - 10:00 | Pilates         | Studio   | Mind and Body       |
| 10:15 - 11:00 | Stretch Therapy | Studio   | Strength and Toning |
| 11:30 - 12:15 | Aquafit         | Pool     | Aqua                |
| 18:30 - 19:15 | Body Blast      | Studio   | Strength and Toning |