

Group Fitness Timetable

Bedale Leisure and Wellbeing Hub

Accurate as of 14/10/2026

Times for Friday 16 October

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