## **Group Fitness Timetable Stokesley Leisure Centre**

## Accurate as of 07/07/2025

Times for Thursday 14 October			
Time	Session	Facility	Level
08:15 - 09:00	Pilates	Studio	Mind and Body
09:15 - 10:00	Group Cycling	Studio	Spin
09:15 - 10:00	Yoga	Activity Room	Mind and Body
10:15 - 11:00	Yoga	Studio	Mind and Body
12:00 - 12:45	Circuits	Activity Room	Cardio
17:00 - 18:00	Pilates	Activity Room	Mind and Body