

# Group Fitness Timetable

## Stokesley Leisure and Wellbeing Hub

Accurate as of 24/08/2026

| Times for Monday 10 August |                                  |               |                     |
|----------------------------|----------------------------------|---------------|---------------------|
| Time                       | Session                          | Facility      | Level               |
| 07:00 - 07:45              | Virtual Group Cycle              | Studio        | Spin                |
| 08:00 - 08:45              | High Intensity Interval Training | Activity Room | Cardio              |
| 12:00 - 12:45              | Total Strength                   | Studio        | Strength and Toning |
| 17:00 - 17:30              | Virtual Group Cycle              | Studio        | Spin                |
| 17:45 - 18:15              | Metafit                          | Activity Room | Cardio              |
| 18:30 - 19:15              | Group Cycle Free Beat            | Studio        | Spin                |
| 20:15 - 21:00              | Aquafit                          | Main Pool     |                     |