

Group Fitness Timetable

Stokesley Leisure and Wellbeing Hub

Accurate as of 24/08/2026

Times for Thursday 20 August				
Time	Session	Facility	Level	
08:15 - 09:00	Pilates	Activity Room	Body, Mind and Soul	
08:15 - 09:00	Virtual Group Cycle	Studio	Spin	
09:15 - 10:00	Group Cycle Free Beat	Studio	Spin	
12:00 - 12:45	Core Stability	Activity Room		
12:30 - 13:00	Virtual Group Cycle	Studio	Spin	
13:00 - 13:45	Yoga	Activity Room	Mind and Body	
14:00 - 14:45	Yoga	Activity Room	Mind and Body	
17:00 - 17:45	High Intensity Interval Training	Activity Room	Strength and Toning	
18:00 - 19:00	Boccia	Activity Room	Inclusive Sports	
18:30 - 19:15	Group Cycle Peak	Studio	Spin	