

# Group Fitness Timetable

## Stokesley Leisure and Wellbeing Hub

Accurate as of 12/09/2026

| Times for Tuesday 15 September |                       |               |                     |  |
|--------------------------------|-----------------------|---------------|---------------------|-------------------------------------------------------------------------------------|
| Time                           | Session               | Facility      | Level               |                                                                                     |
| 08:00 - 08:45                  | Virtual Group Cycle   | Studio        | Spin                |                                                                                     |
| 09:00 - 09:45                  | Core Stability        | Studio        | Strength and Toning |                                                                                     |
| 10:00 - 10:45                  | Group Cycle Free Beat | Studio        | Spin                |                                                                                     |
| 10:30 - 11:15                  | Strong & Steady       | Studio        | Inclusive Sports    |                                                                                     |
| 12:30 - 13:00                  | Virtual Group Cycle   | Studio        | Spin                |                                                                                     |
| 13:15 - 14:00                  | Aquafit               | Main Pool     | Cardio              |                                                                                     |
| 17:00 - 17:45                  | Yoga                  | Activity Room | Mind and Body       |                                                                                     |
| 18:00 - 18:45                  | Pilates               | Activity Room |                     |                                                                                     |
| 19:00 - 19:45                  | Group Cycle Peak      | Studio        | Spin                |                                                                                     |