

# Group Fitness Timetable

## Stokesley Leisure and Wellbeing Hub

Accurate as of 12/09/2026

| Times for Wednesday 16 September |                     |               |                     |  |
|----------------------------------|---------------------|---------------|---------------------|-------------------------------------------------------------------------------------|
| Time                             | Session             | Facility      | Level               |                                                                                     |
| 07:00 - 07:45                    | Virtual Group Cycle | Studio        | Spin                |                                                                                     |
| 08:15 - 09:00                    | Group Cycle Peak    | Studio        | Spin                |                                                                                     |
| 09:15 - 10:00                    | Circuits            | Activity Room |                     |                                                                                     |
| 09:30 - 10:30                    | Aquafit             | Main Pool     | Aqua                |                                                                                     |
| 10:45 - 11:30                    | Pilates             | Activity Room | Body, Mind and Soul |                                                                                     |
| 11:45 - 12:30                    | Yoga                | Studio        | Mind and Body       |                                                                                     |
| 12:00 - 12:45                    | Gym It              | Gym           | Cardio              |                                                                                     |
| 13:00 - 13:45                    | Tai Chi             | Studio        | Body, Mind and Soul |                                                                                     |
| 17:00 - 17:45                    | Kettlebells         | Studio        | Strength and Toning |                                                                                     |
| 18:00 - 18:45                    | Boxercise           | Activity Room | Cardio              |                                                                                     |
| 19:00 - 19:45                    | Yoga                | Activity Room | Mind and Body       |                                                                                     |
| 20:00 - 20:45                    | Virtual Group Cycle | Studio        | Spin                |                                                                                     |