Group Fitness Timetable

Stokesley Leisure and Wellbeing Hub

Accurate as of 12/11/2026

Times for Friday 13 November

Time	Session	Facility	Level
07:00 - 07:45	Virtual Group Cycle	Studio	Spin
08:00 - 08:45	Strength and Conditioning	Studio	Strength and Toning
09:00 - 09:30	Kettlebells	Activity Room	Strength and Toning
09:45 - 10:30	Group Cycle Peak	Studio	Spin
10:30 - 11:15	Aquafit	Main Pool	Dance
12:00 - 12:45	Total Strength	Studio	Strength and Toning
17:00 - 17:45	Strength and Conditioning	Studio	Spin