Group Fitness Timetable

Stokesley Leisure and Wellbeing Hub

Accurate as of 12/11/2026

Times for Sunday 15 November

Time	Session	Facility	Level
08:30 - 09:00	Metafit	Activity Room	Cardio
09:15 - 10:00	Group Cycle Free Beat	Studio	Spin
11:00 - 11:45	Virtual Group Cycle	Studio	Spin
16:00 - 16:30	Virtual Group Cycle	Studio	Spin