Group Fitness Timetable

Stokesley Leisure and Wellbeing Hub

Accurate as of 12/11/2026

Times for Monday 16 November

Time	Session	Facility	Level
07:00 - 07:45	Virtual Group Cycle	Studio	Spin
08:00 - 08:45	High Intensity Interval Training	Activity Room	Cardio
12:00 - 12:45	Total Strength	Studio	Strength and Toning
17:00 - 17:30	Virtual Group Cycle	Studio	Spin
17:45 - 18:15	Metafit	Activity Room	Cardio
18:30 - 19:15	Group Cycle Free Beat	Studio	Spin
20:15 - 21:00	Aquafit	Main Pool	