Group Fitness Timetable

Stokesley Leisure and Wellbeing Hub

Accurate as of 12/11/2026

Times for Tuesday 17 November

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