Group Fitness Timetable

Stokesley Leisure and Wellbeing Hub

Accurate as of 12/11/2026

Times for Wednesday 18 November

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