Group Fitness Timetable

Stokesley Leisure and Wellbeing Hub

Accurate as of 15/11/2026

Times for Thursday 19 November

Time	Session	Facility	Level
08:15 - 09:00	Pilates	Activity Room	Body, Mind and Soul
08:15 - 09:00	Virtual Group Cycle	Studio	Spin
09:15 - 10:00	Group Cycle Free Beat	Studio	Spin
12:00 - 12:45	Core Stability	Activity Room	
12:30 - 13:00	Virtual Group Cycle	Studio	Spin
13:00 - 13:45	Yoga	Activity Room	Mind and Body
14:00 - 14:45	Yoga	Activity Room	Mind and Body
17:00 - 17:45	High Intensity Interval Training	Activity Room	Strength and Toning
18:00 - 19:00	Boccia	Activity Room	Inclusive Sports
18:30 - 19:15	Group Cycle Peak	Studio	Spin