# Group Fitness Timetable

## Stokesley Leisure and Wellbeing Hub

**Accurate as of 15/11/2026**

### Times for Friday 20 November

| Time | Session | Facility | Level |
|---|---|---|---|
| 07:00 - 07:45 | Virtual Group Cycle | Studio | Spin |
| 08:00 - 08:45 | Strength and Conditioning | Studio | Strength and Toning |
| 09:00 - 09:30 | Kettlebells | Activity Room | Strength and Toning |
| 09:45 - 10:30 | Group Cycle Peak | Studio | Spin |
| 10:30 - 11:15 | Aquafit | Main Pool | Dance |
| 12:00 - 12:45 | Total Strength | Studio | Strength and Toning |
| 17:00 - 17:45 | Strength and Conditioning | Studio | Spin |