Group Fitness Timetable

Stokesley Leisure and Wellbeing Hub

Accurate as of 15/11/2026

Times for Saturday 21 November

Time	Session	Facility	Level
08:00 - 08:45	Group Cycle Peak	Studio	Spin
09:00 - 09:45	Zumba	Activity Room	Dance
09:00 - 09:45	Virtual Group Cycle	Studio	Spin
11:00 - 11:45	Virtual Group Cycle	Studio	Spin