Group Fitness Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 10/10/2026

Times for Tuesday 22 April

Time	Session	Facility	Level
07:00 - 07:45	Virtual Group Cycle	Studio	Spin
08:00 - 08:45	Total Body Workout	Studio	Strength and Toning
09:30 - 10:15	Virtual Group Cycle Thirsk	Studio	High-Energy
12:00 - 12:45	Yoga	Studio	Mind and Body
17:30 - 18:15	High Intensity Interval Training	Studio	Cardio
17:30 - 18:15	Virtual Group Cycle Thirsk	Studio	High-Energy
18:30 - 19:15	Yoga	Studio	Mind and Body