Group Fitness Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 08/11/2026

Times for Saturday 26 April

Time	Session	Facility	Level
08:00 - 08:45	Virtual Group Cycle Thirsk	Studio	High-Energy
10:00 - 10:45	Yoga	Studio	Mind and Body
11:00 - 11:45	Yoga	Studio	Mind and Body
12:00 - 12:45	Virtual Group Cycle Thirsk	Studio	High-Energy