

# Group Fitness Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 17/04/2026

### Times for Wednesday 18 March



| Time          | Session                    | Facility  | Level               |
|---------------|----------------------------|-----------|---------------------|
| 06:45 - 07:30 | Virtual Group Cycle Thirsk | Studio    | High-Energy         |
| 08:00 - 08:45 | Yoga                       | Studio    | Body, Mind and Soul |
| 09:30 - 10:15 | Virtual Group Cycle Thirsk | Studio    | High-Energy         |
| 11:00 - 11:45 | Circuits                   | Studio    | Strength and Toning |
| 12:00 - 12:45 | Core Stability             | Studio    | Strength and Toning |
| 17:30 - 18:15 | Virtual Group Cycle Thirsk | Studio    | High-Energy         |
| 17:30 - 18:15 | Body Blast                 | Studio    | Strength and Toning |
| 19:30 - 20:15 | Virtual Group Cycle        | Studio    | High-Energy         |
| 19:45 - 20:30 | Aquafit                    | Main Pool | Pool based          |