

Group Fitness Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 17/04/2026

Times for Sunday 22 March



Time	Session	Facility	Level
08:00 - 08:45	Virtual Group Cycle Thirsk	Studio	High-Energy
12:00 - 12:45	Virtual Group Cycle Thirsk	Studio	High-Energy