

# Group Fitness Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 19/06/2026

### Times for Sunday 21 June



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