

# Group Fitness Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 19/06/2026

### Times for Wednesday 24 June



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