

Group Fitness Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 18/08/2026

Times for Thursday 20 August

Time	Session	Facility	Level
07:00 - 07:45	Virtual Group Cycle	Studio	Spin
08:00 - 08:45	Yoga	Studio	Mind and Body
11:30 - 12:15	Pilates	Studio	Body, Mind and Soul
12:15 - 13:00	Virtual Group Cycle	Studio	High-Energy
17:30 - 18:15	Virtual Group Cycle Thirsk	Studio	High-Energy
18:30 - 19:15	High Intensity Interval Training	Studio	Cardio
19:30 - 20:15	Virtual Group Cycle	Studio	Spin
19:30 - 20:15	Yoga	Studio	Spin