

# Group Fitness Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 18/08/2026

Times for Saturday 22 August



| Time          | Session                    | Facility | Level         |
|---------------|----------------------------|----------|---------------|
| 08:00 - 08:45 | Virtual Group Cycle Thirsk | Studio   | High-Energy   |
| 10:00 - 10:45 | Yoga                       | Studio   | Mind and Body |
| 11:00 - 11:45 | Yoga                       | Studio   | Mind and Body |
| 12:00 - 12:45 | Virtual Group Cycle Thirsk | Studio   | High-Energy   |