

Group Fitness Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 18/08/2026

Times for Sunday 23 August			
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