

The Ark Stoke Mandeville Timetable 2025: Forever Cycling and Seated exercise

Location: 28 Risborough Road, Stoke Mandeville, HP22 5UT

Date and Time	Session
Tuesday 27th May 2 - 3pm	Seated Exercise
Tuesday 3rd June 2 - 3pm	Forever Cycling
Tuesday 10th June 2 - 3pm	Seated Exercise
Tuesday 17th June 2 - 3pm	Forever Cycling
Tuesday 24th June 2 - 3pm	Seated Exercise
Tuesday 1st July 2 - 3pm	Forever Cycling
Tuesday 8th July 2 - 3pm	Seated Exercise
Tuesday 15th July 2 - 3pm	Forever Cycling
Tuesday 22nd July 2 - 3pm	Seated Exercise
Tuesday 29th July 2 - 3pm	Forever Cycling