

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

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

Date and Time	Session
Tuesday 15th July 2 - 3pm	Forever Cycling
Tuesday 22nd July 2 - 3pm	Seated Exercise
Tuesday 29th July 2 - 3pm	Forever Cycling
Tuesday 5th August 2 - 3pm	Seated Exercise
Tuesday 12th August 2 - 3pm	Forever Cycling
Tuesday 19th August 2 - 3pm	Seated Exercise
Tuesday 26th August 2 - 3pm	Forever Cycling
Tuesday 2nd September 2 - 3pm	Seated Exercise
Tuesday 9th September 2 - 3pm	Forever Cycling
Tuesday 16th September 2 - 3pm	Seated Exercise