

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

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

Date and Time	Session
Tuesday 16th September 2 - 3pm	Seated Exercise
Tuesday 23rd September 2 - 3pm	Forever Cycling
Tuesday 30th September 2 - 3pm	Seated Exercise
Tuesday 7th October 2 - 3pm	Forever Cycling
Tuesday 14th October 2 - 3pm	Seated Exercise
Tuesday 21st October 2 - 3pm	Forever Cycling
Tuesday 28th October 2 - 3pm	Seated Exercise
Tuesday 4th November 2 - 3pm	Forever Cycling
Tuesday 11th November 2 - 3pm	Seated Exercise
Tuesday 18th November 2 - 3pm	Forever Cycling