

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

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

Date and Time	Session
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	Seated Exercise (FC instructor away)
Tuesday 25th November 2 - 3pm	Seated Exercise
Tuesday 2nd December 2 - 3pm	Forever Cycling
Tuesday 9th December 2 - 3pm	Seated Exercise
Tuesday 16th December 2 - 3pm	Forever Cycling

**There will be no sessions on the 23rd & 30th December.
The first session back in 2026 will be on the 6th January.**

For further information please contact Amelia Evans: amelia.evans@aitc.org.uk / 07399 748803
<https://www.activeinthecommunity.org.uk/over-50s/>