

# Zest Group Fitness Timetable

## Stokesley Leisure Centre

Accurate as of 18/04/2024

### Times for Monday 22 January



Time	Session	Facility	Level
09:15 - 10:00	Group Cycle Free Beat	Studio	Spin
17:45 - 18:15	Metafit	Activity Room	Cardio
18:30 - 19:15	Group Cycle Free Beat	Studio	Spin