

# Zest Group Fitness Timetable

## Stokesley Leisure Centre

Accurate as of 02/05/2024

### Times for Wednesday 21 March



Time	Session	Facility	Level
09:15 - 10:00	Group Cycle Peak	Studio	Spin
09:30 - 10:30	Aquafit	Main Pool	Aqua
19:00 - 19:45	Yoga	Activity Room	Mind and Body