


Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 29/04/2024

| Times for Wednesday 28 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 | |