Zest Group Fitness Timetable Stokesley Leisure Centre

Accurate as of 18/05/2024

| Times for Thursday 21 June | | | |
|----------------------------|-----------------------|---------------|---------------|
| Time | Session | Facility | Level |
| 09:15 - 10:00 | Yoga | Activity Room | Mind and Body |
| 09:15 - 10:00 | Group Cycle Free Beat | Studio | Spin |