Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 12/10/2024

Times for Monday 25 June

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