Zest Group Fitness Timetable Stokesley Leisure Centre

Accurate as of 25/04/2024

| Times for Friday 29 June | | | • |
|--------------------------|------------------|-----------|-------|
| Time | Session | Facility | Level |
| 09:45 - 10:30 | Group Cycle Peak | Studio | Spin |
| 10:15 - 11:00 | Aquafit | Main Pool | Dance |