

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 29/04/2024

Times for Tuesday 11 December



| Time | Session | Facility | Level |
|---------------|-----------------------|----------|-------|
| 10:00 - 10:45 | Group Cycle Free Beat | Studio | Spin |
| 19:00 - 19:45 | Group Cycle Peak | Studio | Spin |