

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 17/05/2024

| Times for Thursday 25 April | | | |
|-----------------------------|----------------------------------|---------------|---------------------|
| Time | Session | Facility | Level |
| 08:15 - 09:00 | Pilates | Activity Room | Body, Mind and Soul |
| 09:15 - 10:00 | Yoga | Activity Room | Mind and Body |
| 09:15 - 10:00 | Group Cycle Free Beat | Studio | Spin |
| 10:15 - 11:00 | Yoga | Activity Room | Mind and Body |
| 12:30 - 13:00 | Virtual Group Cycle | Studio | Spin |
| 17:00 - 17:45 | High Intensity Interval Training | Activity Room | Strength and Toning |
| 18:00 - 18:45 | Group Cycle Peak | Activity Room | Spin |