

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 08/08/2024

Times for Wednesday 14 August



| Time | Session | Facility | Level |
|---------------|---------------------|---------------|---------------------|
| 07:00 - 07:45 | Virtual Group Cycle | Studio | Spin |
| 08:00 - 08:45 | Virtual Group Cycle | Studio | Spin |
| 09:15 - 10:00 | Group Cycle Peak | Studio | Spin |
| 09:15 - 10:00 | Circuits | Activity Room | |
| 09:30 - 10:30 | AquaFit | Main Pool | Aqua |
| 10:45 - 11:30 | Pilates | Activity Room | Body, Mind and Soul |
| 11:45 - 12:30 | Yoga | Studio | Mind and Body |
| 12:00 - 12:45 | Gym It | Gym | Cardio |
| 13:00 - 13:45 | Tai Chi | Activity Room | |
| 17:00 - 17:45 | Kettlebells | Studio | Strength and Toning |
| 18:00 - 18:45 | Boxercise | Activity Room | Cardio |
| 19:00 - 19:45 | Yoga | Activity Room | Mind and Body |
| 20:00 - 20:45 | Virtual Group Cycle | Studio | Spin |