

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 04/09/2024

Times for Friday 30 August



| Time | Session | Facility | Level |
|---------------|---------------------|---------------|---------------------|
| 07:00 - 07:45 | Virtual Group Cycle | Studio | Spin |
| 08:15 - 09:00 | Virtual Group Cycle | Studio | Spin |
| 09:00 - 09:30 | Kettlebells | Activity Room | Strength and Toning |
| 09:45 - 10:30 | Group Cycle Peak | Studio | Spin |
| 10:15 - 11:00 | Aquafit | Main Pool | Dance |
| 17:30 - 18:15 | Virtual Group Cycle | Studio | Spin |