

# Zest Group Fitness Timetable

## Stokesley Leisure Centre

Accurate as of 04/09/2024

### Times for Saturday 31 August



Time	Session	Facility	Level
09:00 - 09:45	Zumba	Activity Room	Dance
09:00 - 09:45	Virtual Group Cycle	Studio	Spin
11:00 - 11:45	Virtual Group Cycle	Studio	Spin