

# Zest Group Fitness Timetable

## Stokesley Leisure Centre

Accurate as of 03/09/2024

### Times for Monday 2 September



| Time          | Session                          | Facility      | Level  |
|---------------|----------------------------------|---------------|--------|
| 07:00 - 07:45 | Virtual Group Cycle              | Studio        | Spin   |
| 08:15 - 09:00 | Virtual Group Cycle              | Main Pool     |        |
| 09:15 - 10:00 | Group Cycle Free Beat            | Studio        | Spin   |
| 09:30 - 10:15 | High Intensity Interval Training | Activity Room | Cardio |
| 17:00 - 17:30 | Virtual Group Cycle              | Studio        | Spin   |
| 17:45 - 18:15 | Metafit                          | Activity Room | Cardio |
| 18:30 - 19:15 | Group Cycle Free Beat            | Studio        | Spin   |