

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 03/09/2024

Times for Thursday 5 September



Time	Session	Facility	Level
08:15 - 09:00	Pilates	Activity Room	Body, Mind and Soul
08:15 - 09:00	Virtual Group Cycle	Studio	Spin
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