

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 01/09/2024

Times for Saturday 7 September			
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