

# Zest Group Fitness Timetable

## Stokesley Leisure Centre

Accurate as of 10/09/2024

### Times for Monday 16 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