

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 27/12/2024

Times for Friday 27 December



Time	Session	Facility	Level
07:00 - 07:45	Virtual Group Cycle	Studio	Spin
08:15 - 08:45	Strength and Conditioning	Studio	Strength and Toning
17:30 - 18:15	Virtual Group Cycle	Studio	Spin