

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 28/12/2024

Times for Thursday 2 January



| 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 - 19:00 | Boccia | Activity Room | Inclusive Sports |