

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 28/12/2024

Times for Friday 3 January



Time	Session	Facility	Level
07:00 - 07:45	Virtual Group Cycle	Studio	Spin
08:15 - 08:45	Strength and Conditioning	Studio	Strength and Toning
09:00 - 09:30	Kettlebells	Activity Room	Strength and Toning
09:45 - 10:30	Group Cycle Peak	Studio	Spin
10:30 - 11:15	Aquafit	Main Pool	Dance
17:30 - 18:15	Virtual Group Cycle	Studio	Spin