


# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 10/05/2024

Times for Monday 15 January				
Time	Session	Facility	Level	
09:00 - 09:45	Aquafit	Main Pool	Aqua	
11:00 - 11:45	Group Cycling	Studio	Spin	
18:30 - 19:15	Core Stability	Studio	Strength and Toning	